

# COSMOPOLITAN

JULY 2015

## Get a **Sex Life Upgrade**

**Cheat on Your Man  
...with Your Man!**

**When Your  
BF's Ex is a  
Tough Act  
to Follow**

**How to  
BUILD  
YOUR  
BRAND**

- \* Craft Your Brand
- \* Create Your Own Look
- \* Conquer Social Media

**TONI  
GONZAGA  
SORIANO**  
Meet Mrs. S!

**YOUR  
MID-YEAR  
MAKEOVER  
SPECIAL!**  
Detox Your Diet,  
Closet, Body,  
& Mind!

**HATERS  
GONNA  
HATE**  
How To  
Shake  
'Em Off!

*Look* **HOT!** *In a flash!*

**Day-to-Night Hair Magic  
From Gym to Drinks:  
Quick-Change Fashion**

ISSN 0118-5853



#PASSIONON



*Tip:*

Keep lips moisturized for a prettier, smoother pout.

EXCLUSIVELY FROM MAYBELLINE  
NEW YORK

# Break the BEAUTY RULES

Think pastel shades are just for soft, sweet looks? These cool makeup combos will make you think again.



## ALL ABOUT THE BASE

Add some attitude to your all-pastel look by playing with color tones. For maximum effect, stick to one palette for your face, but pick a slightly brighter shade for your lips. It's a fresh, polished take on a classic look.

**MAIN:** Maybelline Rebel Bouquet REB06 **INSET:** Maybelline Rebel Bouquet REB01



*Tip:*  
For perfect lipplie application, start on the bow of your lips and swipe outwards.



## ROCK ALL THE SHADES

Update your pastel collection with the newest colors from Maybelline.



For a burst of rebellious color, try the new **Maybelline Rebel Bouquet** collection. Its super-saturated pigments add a bright kick to freshly-picked pastel shades, while its honey nectar intensifies lip color and provides a richer, creamier feel. The Rebel Bouquet collection is available in 11 vivacious shades.

MAYBELLINE

## DO THE REBEL MIX

Who says pastels can't be edgy? Layer a rich neutral color with a hot pastel shade, and watch your look go from soft to glam in an instant. Feel free to mix and match different shades for every occasion. Pair with bold brows and winged liner for added drama.

**MAIN:** Maybelline Rebel Bouquet REB07 & REB10  
**INSET:** Maybelline Rebel Bouquet REB12





# COSMOPOLITAN JULY

## 18

**TONI ON HER  
MAN, MARRIAGE  
AND MAKING A  
NEWLIFE**

### Cover Stories

- 18** Toni Gonzaga-Soriano
- 74** Mid-Year Makeover Special
- 80** Get a Sex Life Upgrade
- 82** When Your BF's Ex is a Tough Act to Follow
- 91** How To Build Your Brand
- 97** Haters Gonna Hate
- 122** Look Good in a Flash!

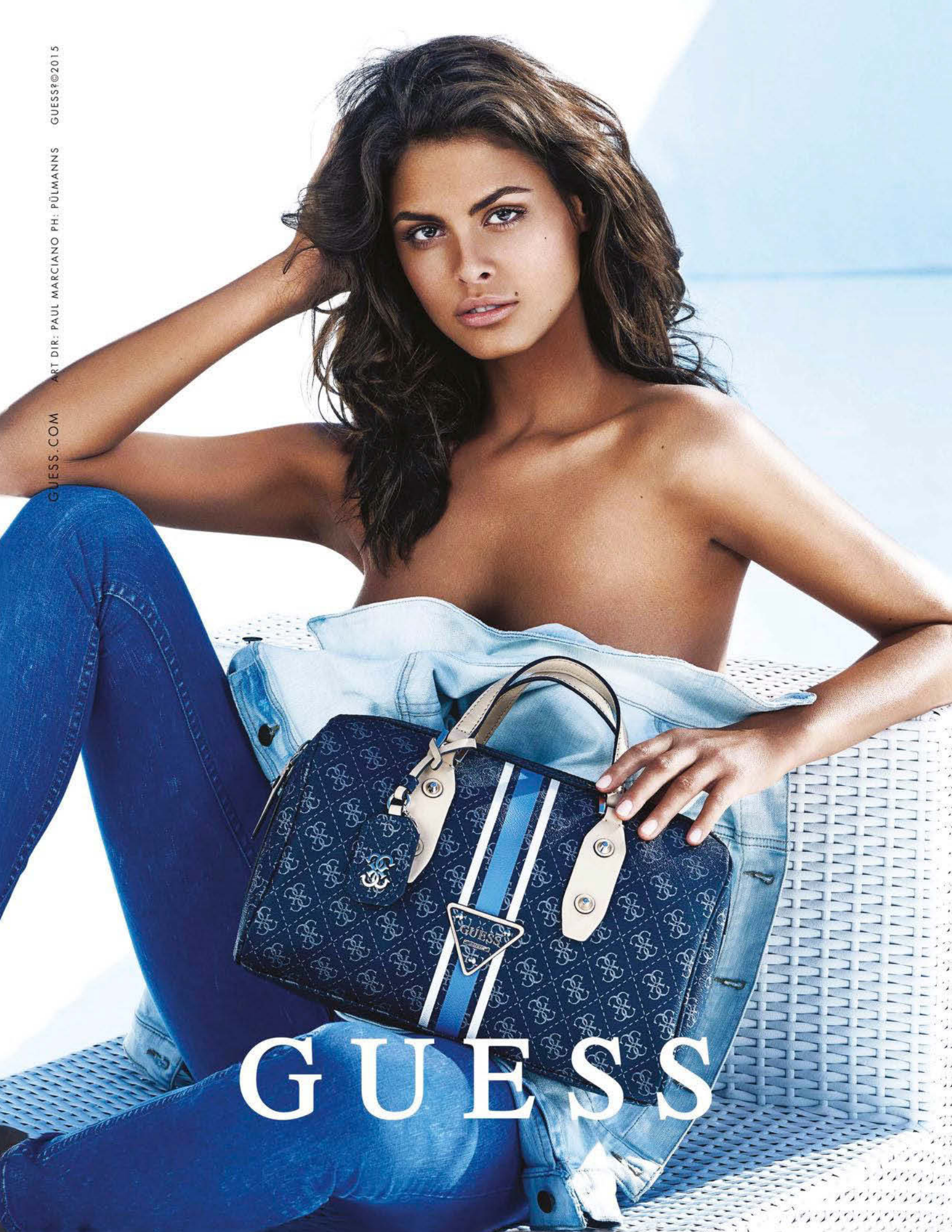
### Fun, Fearless Life

- 28 COSMO VIBES**  
Who said gray was a non-color? Our picks brighten up our day!
- 30 COSMO CONVO**  
Get a move on: Cosmo takes a stand on "Kakatamad!"
- 32 HOT DEBATE**  
Does love deserve a second chance?
- 34 CONFESSIONS**

### Fun, Fearless Celebs

- 38 COSMO GIRL WATCH**  
*Fasyon* girls and their fresh take on your denim staples
- 40 COSMO GUY**  
We'd love to be in Adrian Grenier's entourage
- 42 GUY WATCH**  
We've got our eye on these hot sons of showbiz royalty
- 44 HUNK OF THE MONTH**





GUESS



## Fun, Fearless Style

- 47 **GYM TO DRINKS** Gym gear gets its fashion game on
- 52 **ASK HAPPY**
- 54 **TREND TEST** Cape sleeves are super-trendy (and super easy to sport)
- 56 **TREND TIP** Now hear this: Statement earrings are in!
- 58 **WHAT'S HOT**

## Fun, Fearless Beauty

- 63 **PAINT THE TOWN**  
Add some color to your *kikay* kit
- 64 **BEAUTY NEWS**
- 66 **CHEAT SHEET**  
Flawless face on fleek with Laura Mercier!
- 68 **GIRL CRUSH** Kiana Valenciano's secret to no-fuss fabulousness
- 70 **500 PESOS, TOPS!**
- 72 **BEAUTY BOOK**  
How to cop that Korean skincare routine you've been hearing about!

## Love, Lust & Other Stuff

- 77 **STEP UP YOUR SEX GAME** Level up your "O"-S.
- 84 **MANTHROPOLOGY**
- 86 **HPOV** Our life plans, divulged
- 87 **FOR YOUR GUY** Your underwear (and other stuff we wish you'd change)
- 88 **ASK HIM ANYTHING**



## Need To Know

- 98 **"YOLO' MADE ME A DRUG ADDICT!"** What happens when a Cosmo Girl parties... a little too hard.

## You, You, You

- 96 **ANXIETY ATTACK HACKS** How not to freak out
- 100 **COSMO CASH** What to know before nabbing your own set of wheels
- 102 **THE SECRET TO BEING HAPPY** Lauren Uy beyond the OOTDs
- 104 **COSMO COMMANDMENTS**

## Fashion and Beauty

- 106 **SHIRT HAPPENS**  
Look sharp in your basic work shirt—pile on the bling!
- 114 **FIERCE FLORALS**  
Go from girly to glam vamp with these dark-toned floral prints



## Hot & Healthy

- 129 **PUT SOME HAPPY IN YOUR MID-YEAR**
- 130 **BODY NEWS**
- 131 **FOOD BUZZ**
- 132 **FITNESS BUZZ**
- 133 **WORKOUT**  
Damn, your abs look good!
- 134 **DIET DELIVERY SPECIAL**

## Live It Up

- 137 **FEEL BETTER WITH LESS STUFF** Strip down your life. Bye, bye, excess baggage!

- 140 **TRAVEL** Have some fun in Taiwan!

- 142 **AT YOUR PLACE: STEPH TAN** Her home? Earthy, eclectic, and oh-so-comfy

- 144 **WHIP IT UP** Power up your daily diet with these superfood superbowls!

## Regular Features

- 6 **CLICK INTO COSMO.PH**
- 10 **CONTRIBUTORS**
- 14 **IT'S A COSMO WORLD**
- 16 **HAPPY LIST**
- 145 **SHOPPING DIRECTORY**
- 148 **COSMO QUIZ**



## CLASSIC ALLURE

---

Sultry and sophisticated glamor make the new **Cessole** flat a standout style for Autumn/Winter 2015.

Soft snakeskin leather washed in cool, luxurious tones of Black, Light Brown, and Navy give this simple silhouette its risqué allure, while slim neutral rubber soles ground this ballet design in Lacoste's sportswear heritage.





CLICK INTO  
**COSMO.PH**

Upgrade your closet,  
look, and mindset  
this June!



## Clothing Hacks To Make Your Outfit Look More Expensive

Without spending a fortune.



## 13 Shoes You Can Wear To The Airport

The best slip-ons, flat mules, and sneakers to take you outta here!



## 12 Easy Ways To Make Monday A Little More Bearable

Monday na? Okay lang 'yan. Here's how to survive the loooongest day of the week.



## Why I Stayed With My Cheating Boyfriend

**"He said he would change; I believed him."**



## 10 Millennial Excuses That Are Not Acceptable

"My Internet was really slow last night, so I couldn't iMessage you to tell you that I can't make it to brunch today."



## The New Fashion Things You Need To Build A Classy Wardrobe

You don't own any of these yet, trust us.

# Everything You Need To Know About Split-Dyed Hair

It's a little out there, but worth the shot.







# GIORDANO

*world without strangers*

# Steal Toni's Luminous Look

**Photographed by Paolo Pineda.** Top and skirt by Cheetah Rivera. Jewelry by Love Rocks Jewelry. Makeup by Krist Bansuelo. Hair by Macy Dionido. Styling by Cath Sobrevega of Qurator. Assisted by Rachel Felicia and Ines Preysler. Nails by Edline Tanaman of Posh Nails. Art direction by Hazel Joy Malagonio.

**Maybelline Great Lash Mascara,** P350.

**Bobbi Brown Shimmer Wash Eye Shadow,** P1,250 each.

**K Palette Zero Kuma Concealer,** P795.

**Eye Of Horus Liquid Define in Black,** P990.

## INTERNATIONAL EDITIONS

PRESIDENT/CEO: **Duncan Edwards** SENIOR VICE PRESIDENT/CFO AND GENERAL MANAGER: **Simon Home** SENIOR VICE PRESIDENT/DIRECTOR OF LICENSING AND BUSINESS DEVELOPMENT: **Gautam Ranji** SENIOR VICE PRESIDENT/INTERNATIONAL PUBLISHING DIRECTOR: **Jeannette Chang** SENIOR VICE PRESIDENT/EDITORIAL DIRECTOR: **Kim St. Clair Bodden** EXECUTIVE DIRECTOR/EDITORIAL: **Astrid O. Bertoncini** EXECUTIVE CREATIVE DIRECTOR/INTERNATIONAL BRANDING: **Peter Yates** FASHION/ENTERTAINMENT DIRECTOR: **Kristen Ingersoll** INTERNATIONAL EDITIONS EDITORS: **Jacquelyn Galgey** and **Shahrazad Golchin** EDITOR-IN-CHIEF, COSMOPOLITAN (1965-1997): **Helen Gurley Brown**

EDITOR, ARGENTINA: **Maria José Grillo** EDITOR, ARMENIA: **Hrachuhi Utmazyan** EDITOR, AUSTRALIA: **Bronwyn McCahon** EDITOR, AZERBAIJAN: **Aygun Mustafayeva** EDITOR, BRAZIL: **Juliana De Mari** EDITOR, BRITAIN: **Louise Court** EDITOR, BULGARIA: **Detelina Stamenova** EDITOR, CHILE: **Ignacia Uribe** EDITOR, CHINA: **Vera Xu** EDITOR, CROATIA: **Marjana Filipovic-Grcic** EDITOR, CYPRUS: **Stalo Papanastasiou** EDITOR, CZECH REPUBLIC: **Sabrina Karasova** EDITOR, ESTONIA: **Kelly Kipper** EDITOR, FINLAND: **Stina Mantyniemi** EDITOR, FRANCE: **Sylvie Overmoy** EDITOR, GERMANY: **Anja Delastik** EDITOR, GREECE: **Lydia Papaioannou** EDITOR, HONG KONG: **Ruqiyah Law Kam Ying** EDITOR, HUNGARY: **Johanna Sabján** EDITOR, INDIA: **Nandini Bhalla** EDITOR, INDONESIA: **Fira Basuki** EDITOR, ITALY: **Francesca Delogu** EDITOR, KAZAKHSTAN: **Hyun Joo Kim** EDITOR, LATIN AMERICA: **Ana Victoria Taché** EDITOR, LATVIA: **Gundega Bicevska** EDITOR, LITHUANIA: **Violeta Kalikauskienė** EDITOR, MALAYSIA: **Eena Houzyama** EDITOR, MIDDLE EAST: **Brooke Sever** EDITOR, MONGOLIA: **EDITOR, NETHERLANDS: Anne Marije de Vries Lentsch** EDITOR, POLAND: **Hanna Wolska**

EDITOR, PORTUGAL: **Sandra Mauricio** EDITOR, ROMANIA: **Diana Colcer** EDITOR, RUSSIA: **Polina Sokhranova** EDITOR, SERBIA: **Nasja Veljkovic** EDITOR, SINGAPORE: **Jo Upcraft** EDITOR, SLOVENIA: **Manca Campa Pavlin** EDITOR, SOUTH AFRICA: **Cathy Lund** EDITOR, SPAIN: **Ana Ureña** EDITOR, TAIWAN: **Lo Ya Chien** EDITOR, THAILAND: **Pimsiri Jaiyai** EDITOR, TURKEY: **Ozlem Kotan** EDITOR, UKRAINE: **Anya Bazdrevna** EDITOR, USA: **Joanna Coles** EDITOR, VIETNAM:

COSMOPOLITAN is published by SH Publications, Inc. All rights reserved.

Philippine Copyright 1998 by SH Publications, Inc. No part of this magazine may be reproduced in any manner without the permission of the publisher. Opinions expressed in this magazine are the writers' and are not necessarily endorsed by the publisher. The publisher reserves the right to accept or reject editorial or advertising material. Publisher assumes no responsibility for unsolicited material.

THE MODELS PHOTOGRAPHED IN COSMOPOLITAN ARE USED FOR ILLUSTRATIVE PURPOSES ONLY; COSMOPOLITAN DOES NOT SUGGEST THAT THE MODELS ACTUALLY ENGAGE IN THE CONDUCT DISCUSSED IN THE STORIES THEY ILLUSTRATE. STORIES HAVE BEEN EDITED FOR LENGTH, CLARITY, CONTENT, AND ACCULTURATION.

# COSMOPOLITAN

**EDITORIAL DIRECTOR** Myrza Sison

**MANAGING EDITOR** Mich Lagdameo

**ART DIRECTOR** Hazel Joy Malagonio

**ASSOCIATE ART DIRECTOR** Diana Madelo

**FASHION DIRECTOR** Donna Cuna-Pita

**FASHION EDITOR** Happy Lopez

**BEAUTY EDITOR** Meriam Ahari

**EDITORIAL ASSISTANTS** Patricia Javier, Trisha Bautista

**ADMINISTRATIVE ASSISTANT** Carie Aguila

**COSMO.PH EDITOR-IN-CHIEF** Jillian Gatcheco

**COSMO.PH ASSOCIATE ART DIRECTOR** Jico Joson

**COSMO.PH ASSISTANT MANAGING EDITOR** Sandra Pineda

**COSMO.PH EDITORIAL ASSISTANT** Retty Contreras, Stephanie Shi

**TEAM PUBLISHER** Christine Ong

**BRAND PUBLISHER** Tiffany Chloe Santos

**ASSOCIATE PUBLISHER** Camille Cabreira

## CONTRIBUTORS

LOUIE AGUINALDO, JACK ALINDAHAAO, ASH AQUINO, NADUAH ARUMUGAM, SARA AUSTIN, MARK CHESTER ANG, KATE BAUTISTA, SHARON BECKER, LISETTE BENDICION, CAMYL BESINGA, NHOT BITUIN, JODIE BOLAND, ANNA BRESLAW, LAURA BROUNSTEIN, CHERYL CHAN, CHRIS CLINTON, THOMAS CONCORDIA, DANISH CONNECTION, ETHAN DAVID, MIKE DEE, JUNO DEMELO, JAMES WORTHINGTON DEMOLET, PATRICK DIOKNO, NIKKI DUQUE, MARISSA GAINSBURG, ELAINE GANUELAS, KEISHA GARNELL, DAVID BRANDON GEETING, BEN GOLDSTEIN, JOSH GONDELMAN, CATRIONA GREY, DAVE GRONA, PERRY HAGOPIAN, ALAN HANSON, LOGAN HILL, GERRY HOLFORD, KAI HUANG, TIMOTHY HUNT, GABRIELLE HURWITZ, GABY IGNACIO, VIDA NON JAUCIAN, MIAKO KATOH, SARAH KEHOE, CHRISTINE LAVIÑA, KEITH BRYANT LEE, NOREEN LEGASPI, ALIZA LICHT, TURE LILLEGRAVEN, ASH LOI, ROY MACAM, ASH MAHINAY, LIO MANGUBAT, JESSICA MATLIN, CADU MAYA, DANIELLE MCNALLY, ALMA MELENDEZ, IDGE MENDIOLA, RACHEL MOSELY, NICK ONKEN, RYAN ONG, JOHN PAGADUAN, CYRUS PANGANIBAN, BJ PASCUAL, JON PATERSON, JANICE PIDDUCK, JUN PINZON, LIZ PLOSSER, MARK QUA, PAM ROBES, CAMILLE SANTIAGO, KARA SANTIAGO, BIANCA SING, LAURA SOMOZA, ARCHIBALD TOLENTINO, ANGELENE WONG, KYLIE VERZOSA, BRENDAN ZHANG, HELEN ZOOK

PRESIDENT: Lisa Gokongwei-Cheng PUBLISHER: Edna Belleza VP FOR OPERATIONS: Hansel C. dela Cruz

EDITORIAL DIRECTORS: Myrza Sison, Jo-Ann Maglipon TEAM CREATIVE DIRECTOR: Vince Uy GROUP ADVERTISING DIRECTOR: Florence

Bienvenido WEB BUSINESS OPERATIONS MANAGER: Dennison Ko ADVERTISING DIRECTOR-KEY ACCOUNTS GROUP: Regie Uy ADVERTISING SALES

MANAGER: Anna Burdeos KEY ACCOUNT SPECIALISTS: Joey Anciano, Joyce Argana, Junn De Las Alas, Alex Revelar, Annie

Santos, Suzette Tolentino ACCOUNT MANAGERS: Carmina Gara, Ira Guevarra, Kitkat Nerva, Knell Rosario, Perla Sanchez

ADVERTISING EXECUTIVE ASSISTANT: Rita Barbacena KEY ACCOUNT ASSISTANTS: Maricel Adaniel, Ashley Balla, Chinggay Cabit, Marie

Jo Calubay ADVERTISING ASSISTANT: Vanessa Arenal ADVERTISING TRAFFIC SUPERVISOR: Eliziel del Rio ADVERTISING TRAFFIC JR. SUPERVISOR

Myra Gorsepe CREATIVE SOLUTIONS HEAD: Iza Santos ASSOCIATE MANAGING EDITOR: Patricia Era CREATIVE SOLUTIONS ART DIRECTORS: Jay

Mathew Dimayuga, Reggie Goloy SENIOR GRAPHIC ARTIST: Anisa Privado ASSOCIATE ART DIRECTOR: Ehy Garcia JUNIOR PRODUCER:

Pearl Bacasmas EVENTS MARKETING DIRECTOR: Ramon Manzano III ASSISTANT MARKETING MANAGER: Roberlin Rubina, Jr. PROJECT

OFFICERS: Dorothy Joy Bulan, Rica Gae Lozada SENIOR MARKETING ASSOCIATES: Elizabeth Acosta, Valine Aquino, Mitz Jairus

Baldoza, JC Brion, Juan Paolo Maningat, Katrina Alexie San Pascual JUNIOR MARKETING ASSOCIATES: Charmie Abarquez,

Rachelle Anne Castillo, Neil Emerson De Guzman, Katrina Camille Peña MARKETING ASSOCIATES FOR IN-MAG: Clara

Mabbayad CREATIVE ARTISTS FOR IN-MAG: Jay Mathew Dimayuga, Clare Felise Magno, Anisa Privado TRADE MARKETING OFFICER:

Jamie Islo TRADE PROMOTIONS ASSISTANTS: Daryl Lincod SR. CONSUMER PROMOTIONS ASSOCIATE Candace U. Lobendino ADMINISTRATIVE

MANAGER: Whilma Lopez ADMINISTRATIVE ASSISTANT: Michael Lumabi, Marlyn Miguel, Christine San Diego PRODUCTION DIRECTOR:

Elizabeth Relis ASSISTANT PRODUCTION MANAGER: Jane M. Puno PRODUCTION COORDINATOR: Bong Carolino COVER PHOTO: HANCER:

Arthur Asturiano GRAPHIC ARTIST: Anj Javier DEPUTY NATIONAL CIRCULATION MANAGER: Glenda Gil ASSISTANT MANAGER FOR PRINT AND ONLINE

DISTRIBUTION: Ulyssis Javier INTERNATIONAL DISTRIBUTION ASSISTANT PRINT AND ONLINE: Brylle Gonzales ONLINE DISTRIBUTION ASSISTANT:

Erin Francisco KEY ACCOUNTS GROUP HEADS: Noreen Peligro, Vivian Manahan CIRCULATION SUPERVISOR: Marjorie Yu-Abueme

SUBSCRIPTION GROUP HEAD: Hannah Montecer KEY ACCOUNTS SPECIALISTS: Jennifer Tolentino, Charlotte Barlis, Edward Caringal,

Alfredo Toledo Jr., Harold William Rey, Junnie Serrano JUNIOR SALES REPRESENTATIVES: GMA: Anjelyn Carino, Reigine Ray

Caisido DISTRIBUTORS SPECIALISTS: Ralph Cordova, Eric Ferdinand Gasatan, Reijie Paquibot, Roberto Revilla NEWSSTANDS

SUPERVISOR: Joel Valdez SUBSCRIPTION COORDINATORS: Nathaniel Embiado, Carla Paula Soriano, Annalyn Arambulo

TELEMARKETER: Michelle Jayin-Pascual DISTRIBUTION ACCOUNT ANALYST: Aaron Nolasco CIRCULATION ADMINISTRATIVE ASSISTANTS: Elnie

Marie Santos, May Ann Ayuste CUSTOMER CARE ASSOCIATE: Kristine Cruz CUSTOMER CARE ASSISTANT: Elaine Cruz

For local dealership and distributorship inquiries, look for Mr. Joel Valdez at tel. no. (632)451-888 loc. 1094. For international distribution inquiries, call Circulation at (632)451-888 loc. 1092; look for Ulyssis Javier. Visit [www.summitmedia.com.ph/subscribe](http://www.summitmedia.com.ph/subscribe).

ADDRESS ALL CORRESPONDENCE AND SUBSCRIPTION INQUIRIES TO COSMOPOLITAN,

7/F Robinsons Cybergate Tower 3, Robinsons Pioneer Complex, Pioneer St.,

Mandaluyong City 1550, Philippines. Tel. No. (632)451-8888. Fax No. (632)398-0660. Email us at [customer-care@summitmedia.com.ph](mailto:customer-care@summitmedia.com.ph) or [cosmopolitanph@gmail.com](mailto:cosmopolitanph@gmail.com)

(PHOTO) PAOLO PINEDA. (PRODUCT STILLS) COURTESY OF RESPECTIVE BRANDS.



Ayala Center Cebu  
Centrio Mall  
Century City Mall  
Greenbelt 3  
Harbor Point  
Newport Mall  
Robinsons Place Manila  
SM Aura Premier  
SM Larian Premier  
SM Megamall  
Trinoma

# CALL IT SPRING

SHOES FOR ALL SEASONS

SHOES  
Php 2455

CALLITSPRING.COM  
FACEBOOK.COM/CALLITSPRINGPHILIPPINES



# COSMO

## contributors

### KYLIE VERZOSA

One of Cosmo's 8 Sexiest Models in 2013, Kylie appears in our beauty story "Weekend Warrior" (p.122). She says, "I liked how I was transformed into different looks just from one look. I learned that you don't need to do so much to change your look!" She says, "Working on this editorial made me connect with being a model again after joining Bb. Pilipinas, where the photo shoots are quite different."

**"My goal for the rest of 2015: To live more courageously and fearlessly with discipline for the things I want to achieve in life."**



### GABY IGNACIO

says about writing "The *Tamad* Girl's Guide to Stop Being So Damn *Tamad*" (p.30): "Talk about eye-opening! It made me want to stop procrastinating myself. I'll chalk it up to journalistic integrity." The mid-year changes she wants to make: "I want to start reading more books outside my usual repertoire of classics and cookbooks. Writers can't live on their own prose alone; we've got to keep our skills sharp, and that means immersing ourselves in the styles and ideas of other artists. Oh, and I want to start going to the gym again."

**"I want to get the Cosmo reader to start working on making her dreams a reality, no matter how hard or how much of a hassle it may seem right now. Everything is tough. Life is tough. We're tougher."**



**ALIZA LICHT**, who wrote "Show Off Your Best Self," (p.91), is the SVP of global communications at Donna Karan International and DKNY PR GIRL, the company's award-winning social-media personality. One of the New York Daily News' Top 50 Most Powerful Women in New York, she is an inaugural TEDx

Times Square speaker and has been profiled by The New York Times, E! News, and Time, among many others.

**"The biggest secret I've learned: How you communicate and influence others weighs just as heavily on your success as your skills and ideas do. My knowledge comes from nearly 20 years of experience, but I want to give you a cheat sheet on how to market yourself."**



### ROY MACAM

one of Cosmo's favorite beauty photographers, shot the beauty editorial "Weekend Warrior," p.122. He says "It was fun shooting the story. I enjoyed it because I worked with talents I haven't previously worked with."

**"For me, every shoot is a challenge. I like to make sure each shoot I do is better than the previous one by constantly checking on what I still need to improve on."**

(PHOTOS) VERZOSA (DANISH CONNECTION); IGNACIO (GABY IGNACIO); MACAM (ROY MACAM); LICHT (HACHETTE BOOK).





Premier Face & Body Center

RICHARD YAP

  
thermage®  
CPT

Take control of your aging skin.  
Consult our Dermatologists now.



**CALL 625-0012 / 823-0356 / 654-5015**

Branches: Glorietta Ayala Center / SM Mall of Asia / SM Megamall

[www.benchskinexpert.com](http://www.benchskinexpert.com)

benchskinexpert   

ASC S084P060015S



# KEEP THE CHANGE

## Are we Filipinos really inherently tamad?

It's the subject of a debate as old as time, or at least the Spanish times. "Weak and lazy, no one is more so than the Indios," wrote Fr. Domingo Viñals in his journals in the 1870s. "Their house half-built, the field untilled, hunger threatening them, naked by not clothing themselves...They work for four hours [a] day...late in starting work and taking an eternity to finish it; unappreciative of time, miserably wasting it."

Dr. Jose Rizal refuted this reputation in his revolutionary 1890 essay, "The Indolence of the Filipinos," where he instead blamed our hot climate and Spanish colonial oppression and abuses. In the 1920s, a character named Juan Tamad rose to fame in local folklore; and decades later, in Philippine cinema. Was our laziness so legendary it had become iconic?

Whether it's an unfair cultural stereotype or the truth, the perception persists today. Perhaps it's not without basis. Admit it, Pinays, we're all a tad *tamad*. We take pedicabs, tricycles, even Ubers to destinations two blocks away. ("So hot kasi, eh!") We sometimes can't be bothered to make an effort to wear makeup or dress well at work to at least look visible. We stick it out at a corny/boring/not-good-for-us job rather than pursue our passion, or settle for a corny/boring/not-good-for-us guy—instead of making the necessary changes to have the kind of life we want. We're so lazy, Cosmo.ph created a whole "The Tamad Girl's Guide" series just for us. And so, in this issue, "The Tamad Girl's Guide to Stop Being So Damn Tamad" (p.30) was born. Writer Gaby Ignacio's antidote: Just do something, anything! Stop overthinking and start doing. Small changes add up to big results, and this Mid-Year Makeover issue is full of starting points for slow-but-sure changes you can make everywhere in your life from your closet (p.137) and diet (p.99) to your image (p.91) and sex life (p.80).

Cover girl Toni Gonzaga never had the luxury of being lazy—she had too many responsibilities. "I was wired to work!" says the girl who started working at age 13. "When you set your goals at a young age and know what you want, it's easier to avoid distractions," she says, explaining her drive and work ethic.

Laziness often stems from overwhelm or hopelessness—if we feel we can't do anything, then we don't do anything. But as Baudelaire once said, "Nothing can be done except little by little." By changing and improving ourselves constantly, we can slowly steer our lives into the direction that we want. May this issue fuel your journey, one page at a time. Happy July!

*myrza*

Myrza Sison, Editorial Director

IG, Twitter @myrzasison  
email myrza@cosmo.ph



Our wise, witty, workaholic cover girl Toni G.S., p.19!



Change-your-life must-buy: funky trainers! The Skechers GoRun 4



NY See: With John Dioso, the Pinoy managing editor of US Cosmo, and Kristen Ingersoll, fashion director, Hearst Magazines International




## FORCE OF JULY



1 The "Weekend Warrior" (p.122) beauty shoot crew: Archie Tolentino, Ethan David, Kylie Verzosa and Meriam Ahari 2 Cosmo fashion director Donna Cuna-Pita attempts a pose-off with model Lisette Benediccion during our "Fierce Florals" (p.114) fashion shoot. 3 All the things we ate! Team Cosmo road-tested the hottest "Healthy Food Delivery" services in town just for you, p.134.

(EDITOR'S PHOTO) DIX PEREZ, (MAKEUP) NELSON AGUILAR, (HAIR) ANTON TDA, BOTH HAIRWORKS. (BTS PHOTOS) PAOLO PINEDA, JACK ALINDAHAO, MERIAM AHARI, TRISHA BAUTISTA





# DARE to BARE

**July 2015 Underwear Fair**

Enjoy exciting  
**DEALS & DISCOUNTS**  
on selected items

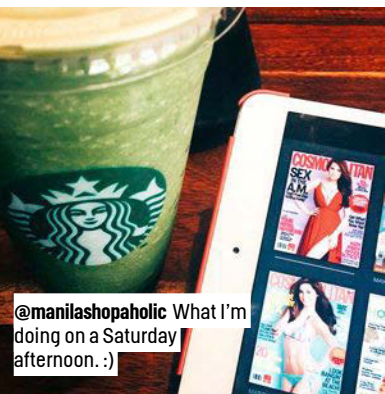


**Robinsons**  
Department Store





@mia\_rads Cosmo girl since 2010.  
Happy 18th Cosmo! 🍷



@manilashopholic What I'm  
doing on a Saturday  
afternoon. :)



@missgozon This issue is  
packed! Cosmo keeps on  
getting better and better.  
#levelup



@senoristephenn  
Afternoon latte with  
the best lifestyle  
bible! Cheers!



@ianarimando Will  
use the discount  
ASAP! #CosmoGirl

# IT'S A COSMO WORLD

## COSMOTivation

Inspiration with a Cosmo edge.



THE BIBLE

A FRIEND IS LIKE  
A GOOD BRA:  
HARD TO FIND,  
COMFORTABLE,  
SUPPORTIVE, AND  
MAKES YOU LOOK  
BETTER.



happiness  
IS A  
state of mind

## FB & Twitter Chit Chat

@matromao Happy  
18th @cosmo\_ph!

@Aesha\_C I want to  
get the copy of the May  
issue of @cosmo\_ph right  
now!

@mskathykenny Me  
time at the spa with my  
May issue of @cosmo\_ph  
= a relaxed me

@chikkanessave  
Currently reading Bea's  
@cosmo\_ph interview ❤️❤️

Benjh Santos It's her  
8th time, if I'm not  
mistaken, and I love it!  
#BeaforCosmo -

Aileen Hufana  
Love her gorgeous  
red dress!!!❤️❤️❤️

Laleine Soriano  
Ang ganda ni Bea, kahit  
hindi siya skinny, grabe  
ang wow factor niya

✉ EMAIL US AT  
cosmopolitanph@gmail.com

f LIKE US ON  
FACEBOOK  
www.facebook.com/  
Cosmopolitan.ph

🐦 FOLLOW US  
ON TWITTER  
@cosmo\_ph

📷 FOLLOW US  
ON INSTAGRAM  
@cosmopolitan\_philippines

## ✉ LETTER OF THE MONTH

"I only started reading Cosmo in 2012, but I can say I've been enjoying it! It's been a great help to me, especially during my college years. I really liked 'What Were They Doing When They Were 18?' (May 2015). It really reiterated Cosmo's famous 'Fun, Fearless Female' tagline. It was such a fun and inspiring read. Happy 18th Cosmo! More power! — Dannah, 24



# No Makeup? No Problem!

Easy ways to get that rosy *au naturel* look.



## STEP 1: KEEP SKIN BLEMISH-FREE

Keep in mind that flawless skin is the foundation of beauty. Eat healthy, drink lots of water, and most importantly, prep your skin with a good facial cleanser. Try Pond's Pearl Cleansing Gel, which contains Pearl Essence that helps whiten the skin. The gel's oxygenated formulation gently cleanses and refreshes skin, leaving it soft, smooth, and moisturized. Definitely a must-use for CGs with sensitive skin!

## STEP 2: GET THAT DEWY GLOW

Brighten up your skin by maintaining a beautiful, rosy white glow. Your best bet? Pond's Dewy Rose Gel. It's the first expert whitening product to come in



a refreshing gel, which instantly cools and hydrates your skin. It's especially formulated to lighten dark spots and minimize pores. Dewy Rose Gel is also enhanced with Rose Lumiere Serum, an alpine extract that leaves your skin soft, dewy, and oh-so-flawless—even without makeup.

## STEP 3: FOLLOW YOUR NATURAL COLOR

One of the biggest beauty no-no's is using a BB cream in a shade that's way lighter than your skin



tone. Pick one that blends into your natural complexion, like Pond's Flawless BB Cream. It's a lightweight foundation and whitening cream rolled into one that gives your skin a radiantly smooth look. It also contains SPF30 PA++ to keep your skin safe and protected from sun up to sun down. Perfecting your no-makeup look is a breeze with a non-sticky, oil-regulating BB Cream like Pond's. No powder required!

## DON'T FORGET TO SCREEN YOUR SKIN!

Too much sun exposure is your skin's worst enemy. It steals your youthful glow and causes unwanted skin damage. That's why you should never leave the house without putting sunscreen on. Make sure to pick one with a broad spectrum and apply generously. For extra protection, re-apply your sunscreen every few hours. Better safe than sorry, right? And with daily protection from the sun, you can keep flaunting a wrinkle-free and healthy no-makeup look with total confidence.

Find more get-radiant tips at [facebook.com/PondsPhilippines](https://www.facebook.com/PondsPhilippines)



# ♦ JULY ♦ happy list



## 1 **List-o-Mania**

Ever start off the week already overwhelmed by the sheer amount of work you have to accomplish? Time to turn to the good ol' To Do list. According to David Allen, bestselling author of *Get Things Done*, breaking down your tasks into detailed lists and writing them down allow you to get them done efficiently. Don't just rely on smart phone apps—get some note pads and list down an agenda for yourself every morning or the night before a workday.

Note pads, The Lunch Break Project, ₱350.

Bookend,  
H&M Home,  
₱599.

## 2

### FELINE FRIEND

In the age of e-books, enjoying the real thing (don't you miss the feel of turning crisp pages?) is almost rare. Get your favorite reads in their bound versions and display them proudly with cute bookends like this one. Take care of them so they last for years—because enjoying a book via LED screens just isn't the same as re-reading your well-worn paperbacks.



Boxes,  
Robinsons  
Department  
Store, ₱149  
each.



## 3 **Box Set**

Mid-year is the perfect time to let go of your pack-rat tendencies (see *Live It Up* for tips on cutting down clutter), but if you must hold on to some things, keep them organized and safe in pretty boxes like these to avoid a mess.



## 4 WATER CURE

Getting enough fluids daily means nicer skin and hair, less bloating, and better brain function. Make it a point to bring a tumbler daily, drink up, and refill it at your office water station at least four times to make sure your body gets all the H<sub>2</sub>O it needs. Check out Hot & Healthy for our tips on staying hydrated.

Tumbler, Jonathan Adler at National Book Store, ₱1,373.



## 5

### EGG-STATIC MORNINGS

Start out your day on a high note by getting your daily protein fix from eggs—you'll also get in some Vitamin B12, riboflavin, folate and Vitamin K, which studies say may counter the effects of cholesterol. Don't know how to cook? Get trays like these in cute shapes, crack eggs in them, and microwave for a minute. Instant brekky!

Egg pans, Daiso, ₱88.



## 6

### Knobbed Up

Fancy up your closet with this easy, dummy-proof DIY project: swap blah drawer knobs for stylish glass or brass ones like these—all you need to do is unscrew the existing ones, and replace them with pairs that look snazzy for an instant #klazzy closet upgrade.

Drawer knobs, H&M Home, ₱299 per set.



## 7

### LET THERE BE LIGHT

With the rainy season in full swing, it's best to be prepared for power outages. Keep a supply of candles in cute lanterns at the ready to ensure you don't end up in the dark, and if a blackout does happen, going about your night won't be a problem. Fun bonus? You'll have instant mood lights for a romantic, candle-lit night in.



Lanterns, H&M Home, ₱399.

## 8

### RUG & ROLL

Having guests over? Roll out the red carpet (or at least a cute one in bold colors) to glam up your space! Use it to mark an area: by your door as a pseudo entrance hall, under your dining or coffee table, or to catch spills in your kitchen, for a cheap, stylish, and functional touch.



Rug, H&M Home, ₱1,499.

### WHAT'S HOT

Taking good care of your stuff. Prolong the shelf life of costume jewelry like long necklaces, stacked rings, and statement earrings by keeping them in an accessories tree like this one.

Nobody will notice that your baubles are from the *tiangge* if you keep them looking new.



Accessories tree, CO/OP, ₱995.

### WHAT'S NOT

Spills and dirty surfaces. There's nothing worse than unexpected *kalat* you can't clean up ASAP. Make sure you keep rolls of tissue stocked in your desk drawer and at home for easy mop-ups.

Tissue holders, True Value, ₱99.









# meet mrs. S

Toni Gonzaga-Soriano,  
box-office star, top TV host,  
and new wife, dishes on  
reaching the top—and  
finally settling down.

By Sasha Lim Uy  
Photographs By Paolo Pineda



Toni Gonzaga slips into the studio so free from fanfare, you barely notice her entrance. She's wearing faded, ripped skinny jeans, a soft yellow button-down, and, of course, dark sunglasses—typical *artista* off-duty uniform. But the *You're My Boss* star is far from taking a break.

"Meetings, errands," she says, ticking down the day's itinerary as she expertly makes her way to the makeup chair after the requisite introductions. It's 3 p.m., and after this Cosmo cover shoot, she heads back to ABS-CBN for rehearsals. Toni is never really off-duty.

At 31, she's a veteran with 16 years' industry experience. She still loves it: the work, the hours. It was her only dream ("I really couldn't picture myself doing anything else"). Half a lifetime ago, she was a teenager singing five times a week in hotel lounges before she reached this level. You can't really question why she has steadfastly put her career ahead of all else.

"When you set your goals at a young age and know what you want, it's easier to avoid distractions," she says, offering a rather concise background to her unflappable determination. "Nothing was handed to me on a silver platter. I had to go through the whole process of lining up for auditions. I went through a lot of rejection." That kind of persistence rightfully deserves to be relished.

But things are different now. It took her 16 years to create a name that would land powerful celebrity lists, and it took long-time beau

and now husband, director Paul Soriano, half the time to create a new name for her: Toni Gonzaga Soriano. For the first time in her life, her priorities are undergoing a reshuffling.

### IN FOCUS

She gives a little smile, but starts off quietly—almost subdued, a warm-up quite unlike the deep, chirpy tone that's become her signature when hosting programs like *The Voice of the Philippines* and the now-defunct *The Buzz*.

It's an earnestness that could, after the twists and turns of the grapevine, come off as disconcerting iciness or being *suplada*. The poison blogs have exhausted this discussion, and Toni, peering at herself in the mirror to check the fresh layer of shimmer shadow that makes her steely gaze even more intense, isn't new to these kinds of comments. She is neither. This is Toni at work, all business and single-mindedly driven to accomplish the task at hand. "I always want to finish what I start."

"I don't want to short-change my audience and the people who are giving me all these opportunities," she shares, continuing in the same reserved intonation.



(ROMPER) TOPSHOP; (MAKEUP) KRIST BANSUELO; (HAIR) MACY DIONIDO; (STYLING) CATH SOBERVEGA OF QURATOR; ASSISTED BY RACHEL FELICIA AND INES PREYSLER; (NAILS) EDUNE TANAMAN OF POSH NAILS; (ART DIRECTION) HAZEL JOY MALAGONIO.





# Breathe Life Into Dry, Flat Hair

Hate having dry, flat and limp hair?  
Say no to flat hair problems with the new Dove Oxygen & Nourishment Shampoo and Conditioner. Get the nourishment you need and the volume you want.



**Dove**  
NUTRITIVE  
SOLUTIONS

\*creative visualization



# BOUNCING BACK

Learn how to bring life back into your hair after years of stick-straight locks.

## WHAT TO DO

### FLIP YOUR PART TO THE OPPOSITE SIDE

When your hair gets used to being styled a certain way, it can lead to some serious #FlatHairProblems. Change up your hair part to add a little more bounce to your strands.



For best results, work on your hair from root to tip.

### DRY YOUR HAIR UPSIDE DOWN

This lifts your roots away from your scalp. Get it 90% dry then flip it back up and you'll notice the natural volume in your hair!

### PULL YOUR HAIR INTO A LOOSE PONYTAIL BEFORE YOU SLEEP

Use a scrunchie or a soft elastic to pull your hair into a high ponytail, lifting your roots away from your scalp while you sleep. The result? Loose waves in the morning!

## WHAT TO EAT

### CHICKEN, FISH, AND BROCCOLI

These contain iron, which helps your blood provide the right amount of nutrients to your hair follicles and roots.

### CARROTS AND MANGOES

They're rich in beta-carotene, an antioxidant which your body turns into Vitamin A to help protect your hair from becoming dry and dull.



This scrumptious dish is also great for your scalp.

### SALMON

Include this in your diet, along with other food rich in Omega-3. This healthy kind of fat helps keep your hair and scalp hydrated and healthy-looking.

## WHAT HAIRSTYLES TO WEAR

### LIMIT THE LAYERS

When you're due for a haircut, ask for a one-length style instead as this makes your hair look thick and full.



Old-school but oh-so-worth it!

### ADD SOME CURLS

Pop in some fat hair rollers while you do your makeup to get va-vu-voom curls for the day!

### LEAVE SOME STRANDS LOOSE

Pulling your hair into a ponytail or a braid keeps the hair away from your face but can make you look severe. Tie it loose and let a few strands free for a tousled look.

## WHAT PRODUCT TO USE

### DOVE OXYGEN & NOURISHMENT SHAMPOO AND CONDITIONER

Use **Dove Oxygen & Nourishment Shampoo and Conditioner**! Made with lightweight, oxygen-fused conditioning ingredients, the latest from Dove cleanses your hair, keeps it moisturized, and gives it up to 95% more volume\*. Say no to dry, flat hair!



\*With system use vs flat, limp hair.

# The Cosmo Interview

"They deserve the best from me." The actress, dubbed the country's 'Multimedia Star,' understands her situation with bracing clarity. "A lot of them want to be in my shoes. I want to show them you have to earn what you have."

She reiterates this a few more times. Her humble beginnings, her slow climb to the top, the negativity from detractors she had to endure. "There are people *na binibigay sa kanila lahat*, but others have to work for it. I was one of those."

The Toni in front of us, all fierce-eyed and serious, is the product of that pain-taking journey, a hardened trouper battling barbs that have gone uselessly stale but not totally forgotten. She used to torture herself with unwelcome judgment. "In my 20s, I'd really read everything to keep me grounded," she explains. She took Kobe Bryant's cue of filling his personal gym with bad press to fuel his motivation.

"But Paul told me that what you feed yourself, you become," she relates. "I ended up insecure and started to live with limitations *kasi iniisip ko lagi kung ano na naman ang sasabihin nila*." Nowadays, when people tell her to act a certain way, she tells herself "This is who I am. *Dito ako nakilala*." She's learned to just take in what's necessary and move on, to stop pleasing people for the sake of it. "They don't deserve your time. There are other people who will celebrate you for who you are," she advises.

Toni doesn't mess around with the shots she's been given, and she's not messing around now. She moves quickly through the shoot, slipping in and out of outfits with ease inside a makeshift *tapis* dressing room the stylists have set up. She saves off-topic discussions for later and walks straight to the setup. In front of the camera and after a few last-minute make-up and hair checks, she turns on her famous mega-watt grin and yells, "Game!" to signal she's ready.

The shoot pauses after a few snaps. The curls don't look right and she spends several extra minutes trying to fix them. This is no diva moment, mind you. Despite the way it looks, this is just a person doing her job, and Toni is a pro.

## OUT OF CONTROL

"Teka lang, nahiihiya 'yung abs kapag mali 'yung hinga," she jokes, in the body-hugging cropped top and pencil skirt that show off her photo-ready midsection. She stops, inhales, and continues



**"You have to earn what you have."**

posing, every giggle and flip of her now-perfect tresses natural yet precisely timed to the clicks. She looks every bit in charge of her life. "*Minsan naman hindi*," she thinks for a while and corrects herself. "Actually, when you try to control your life, the more it gets out of control."

Going against the plan seems to be a good strategy for Toni, whose claim to fame started accidentally. That famous Sprite commercial in the '90s? She was initially cast in a supporting role until the producers, who weren't satisfied with the performance of the original lead, tested her for the part. Now, "I love you, Piolo!" is stamped in history as one of the most iconic TVC lines ever.

"I was set for the next few years," she begins. "I had already pictured what I was going to do, the movies that were

lined up." Then the bomb dropped, and Paul popped the question. "I was overwhelmed. I thought it was going to be the end of something, but it turned out to be the start of something even greater."

She chuckles loudly when she reveals that she actually imagined she'd get married between age 35 and 40. "I was wired to work!" she chortles. "There was so much responsibility when I was growing up *na parang hindi ko talaga na-envision*." It must've been her older-sister mojo that kept her absorbed with the concerns of the present. She compares herself to younger sister Alex. "She already has a theme for her wedding! *Alam niya na kung saan siya titira, alam niya 'yung gown niya, may bridal march song na siya*." (Beyonce's "Smash Into You," by the way.)





## The Cosmo Quiz

Name:

TONI GONZAGA-SORIANO

Lately, I've been super busy with:

MY PERSONAL LIFE :)

What I do on my days off:

- ☐ a. Catch up on sleep
- ☐ b. Catch up with friends
- ☐ c. Catch up on my fave series
- ☒ d. Catch up on "me" time



My guilty pleasure

SWEETS

#LifePeg

JESUS



Chocolate:  
a girl's best  
friend

One thing that makes me blush

A GOOD DESSERT

One habit I want to change, but can't:

SLEEP LATE AT NIGHT

How I deal with nega

- ☐ a. Snarky retort
- ☐ b. Shake it off
- ☒ c. LOL
- ☐ d. Grrr

Last thing I'll do as a single woman:

SLEEP ALONE

Dream Destination:

ISRAEL

I can't leave the house without:

MY RING

Sweetest thing Paul has ever done for me:

MARRY ME

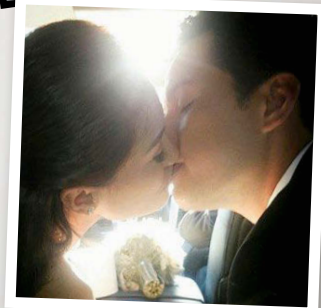
My instant perk-me-up:

CHOCOLATES



Cupcakes for the  
birthday girl

Sis Alex threw her a  
surprise shower!



Happily ever after,  
8 years later

Spot Toni's blushing-  
bride beauty in her  
exclusive BTS vid on  
[WWW.COSMO.PH](http://WWW.COSMO.PH)!



*Toni Gonzaga-Soriano*

Sealed with a  
kiss (and in  
Vera Wang!)



(TOP) TOPSHOP. (SKIRT) RIVER ISLAND.



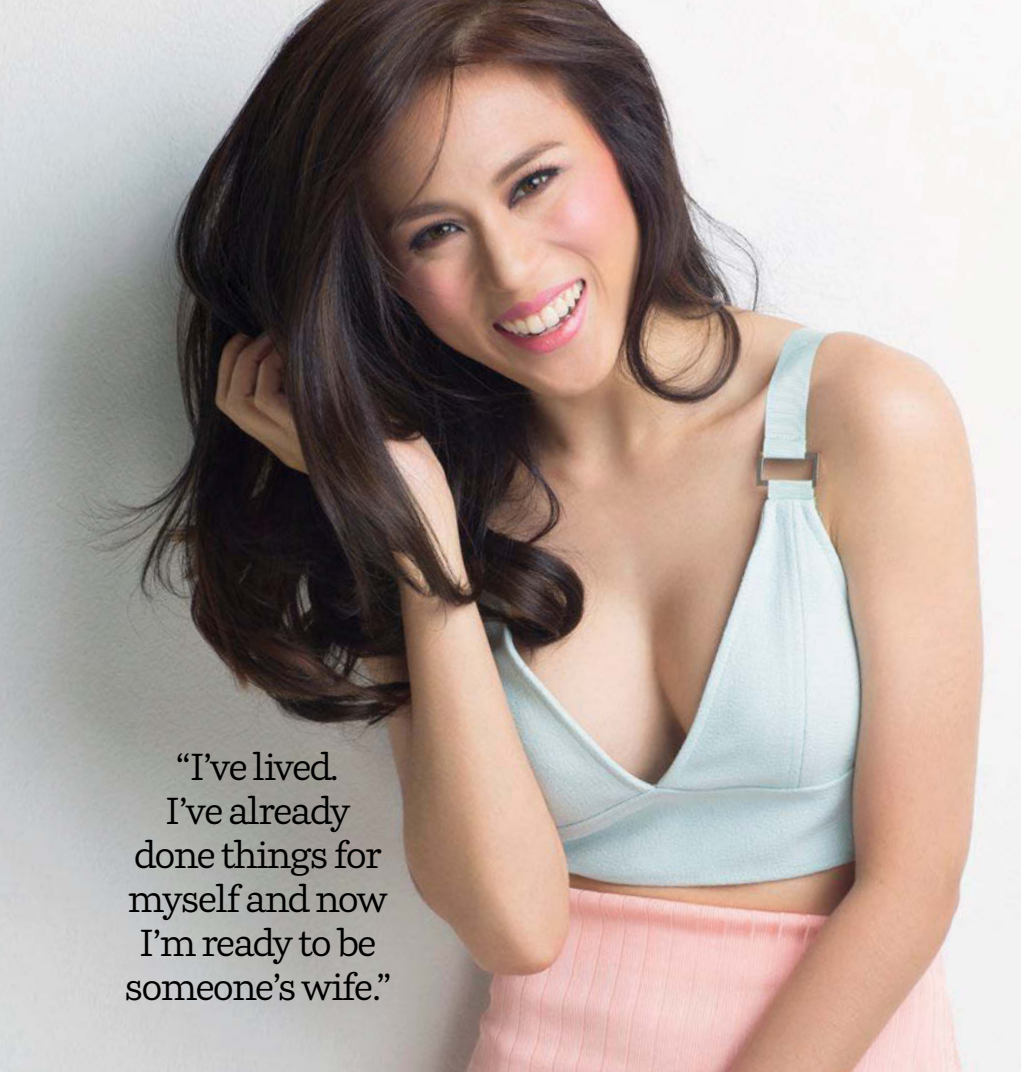
A photograph of three young women in a library setting. The woman on the left is wearing a light blue denim jacket over a dark shirt and dark blue Levi's jeans, looking down at a magazine. The woman in the center is wearing a white sleeveless top and light blue Levi's jeans, looking back over her shoulder. The woman on the right is wearing a white sleeveless top and light blue Levi's jeans, looking at a magazine. They are standing in front of bookshelves filled with books. The text "INTRODUCING THE NEW WOMEN'S DENIM COLLECTION" is overlaid in large white letters. Below it is a horizontal line, followed by the text "BEHIND EVERY GREAT WOMAN IS A GREAT PAIR OF JEANS." in white. At the bottom is the "LIVE IN Levi's" logo.

# INTRODUCING THE NEW WOMEN'S DENIM COLLECTION

BEHIND EVERY GREAT WOMAN  
IS A GREAT PAIR OF JEANS.

LIVE IN **Levi's**<sup>®</sup>





“I’ve lived.  
I’ve already  
done things for  
myself and now  
I’m ready to be  
someone’s wife.”

Toni was so focused on work that there wasn’t too much time to think of anything else. She is admittedly ambitious, a quality she shares with other aggressive, go-getting women. “We want to show men we can make it on our own without their help,” she says. She hesitates to use the term ‘self-made’ (“I think it sounds a little bit selfish”), and resorts to more Queen Bee wisdom to articulate. Back in 2008, Beyoncé said on *Oprah*, “Make sure you have your own life before becoming someone’s wife.” Incidentally, Toni and Beyoncé were both in long-term relationship before finally settling down. Toni’s never had—nor wanted—the “wild child, rebellious” stage, but she’s satisfied. “I’ve lived,” she declares. “I’ve already done things for myself and now I’m ready to be someone’s wife.”

### NO-STRESS CALL

She stretches out her fingers—her engagement ring glittering against the shiny gray hue that now covers their tips—as she slowly ponders the next phase of her life. Toni confesses that she couldn’t really pinpoint

when the slot for her number one priority would shift from her career to Paul.

After the post-proposal outpouring of love came panic. “*Magsa-sign ako ng contract sa ABS, then I was going to do You’re My Boss pa. Sabi ko, ‘ha?!’*” she exclaims, with a level of mirth that comes after the fact. “*Biglang dumami. Nagpasok ang lahat sa work.*” The stress was about to set in, but she kept it in check.

“It was Paul’s mom who advised me to step back when everything gets too chaotic and stressful. Leave it all behind. Take time for yourself.” Toni breathes deeply, in her casual style and make-up fully on and impeccable, she looks every bit the picture of calm. She quotes Paul again. “*Ang No.1 kalaban ng stress is yourself. You’re the one who stresses yourself out. Sabi niya stress is a choice. Do you choose to be stressed or do you choose to let go?*”

The choice was an easy one. The movie wrapped up and made over P200 million, she flew abroad for shows, and she was able to prepare for the wedding—an intimate ceremony in her hometown, Taytay, Rizal, followed by a lavish, romantic reception at Rockwell, Makati.

Her marital glow hardly divulges her

initial hesitations. “There were definitely a lot of fears,” she nods. “I was skeptical. I thought I wasn’t ready.” A few years off her original, personal wedding schedule, she kept asking herself if she was prepared to handle the new challenge in her life. Toni was afraid of the usual stuff: priorities, how to juggle going to work and being a wife. “I was afraid I wouldn’t be the kind of partner my husband expects me to be.”

But the dust has settled and she realized that there was really nothing to be scared of. “The pressure came from the people around you telling you *na dapat ganito. Dapat ganito ang mangyari, ganyan, ganyan,*” she shrugs it off. Toni knows what she wants and she’s pumped.

### THE WORD OF PAUL

“Before, I was a workaholic. Now I just... work. *Wala nang ‘holic’.* I’m a working wife,” Toni says excitedly.

What that means exactly, Toni’s not sure yet. When asked how she’ll go from running to walking, she jokes again—her laughter becoming more and more frequent now. “I’m gliding! No more running, no more walking! I am gliding. I am going with the flow. I am floating.”

Her plate is still full, what with *Pinoy Big Brother* on its 10th year and more films in the pipeline. “That’s the best thing about Paul. He’s accepted me. *Alam niya na I am a career woman.*” She mentioned something similar earlier, when she was describing how he’s helped her deal with negativity. “He reminds me what really matters in my life.”

From the suave circumvention of talking about her personal relationship in its early stages, Toni’s come to the point where Paul figures naturally and inadvertently in her everyday conversation. He is—finally—a part of her that she can’t separate or shake off.

“The only things that have changed so far are my last name and my responsibilities,” she clarifies. “*Pero kung sino ako, hindi magbabago ‘yon.* You shouldn’t sacrifice or lose yourself in marriage.” Sure enough, two days after the wedding, Toni was back in front of the cameras for *PBB*. Sticking to her guns has always been Toni’s MO and she’s not about to modify her plans now. “People cannot change,” she stresses. Her spirit and grit aren’t budging, but the rest of her life has just shifted course. “[Marrying Paul] changes everything, but I believe everything will change for the better. My best years are still ahead of me.” ■



# Delightful Tropical Treat

Coconut Mocha Frappe



Breeze your way from the summer haze to the cooler buzz of this season with a cup of J.CO's newest Coconut Mocha Frappe. Let your taste buds sail off to the tropics with tender coconut jellies, Swirled in a blend of iced coconut, chocolate and J.Coffee. It's the perfect blend for a smooth and mildly tropical beverage!



# A FAB ROOM MAKEOVER IN 5 STEPS

Easy tweaks make for cool changes, says interior designer Hannah Acab-Faustino.

Living room photos styled by: John Vigilia and Joevie Tuguib  
Bedroom photos and accessories styled by: Kristine Neri-Magturo and Gino Eraña



## Declutter.

"It's very easy to accumulate souvenirs and mementos over time, and each one adds more and more clutter to your space," observes Acab-Faustino. "Before getting a room makeover, survey your closet, dresser, and shelves to see whether or not every item there still fits your lifestyle."



## Rearrange furniture.

"You don't have to spend much for a room makeover. Sometimes, it's just a matter of rearranging your furniture," says the designer. Start with the biggest items (like sofas and chairs) and work your way down to the smallest pieces (like side tables). Try moving around in your new space and see if the new layout works for you. Once you settle in, it'll feel like a whole new space.



*The first step to a fresh new look? Roll up your sleeves and start decluttering!*





### Update soft furnishings.

"If architectural elements, such as your ceiling, walls, and flooring are still in good condition, you may simply update the look of your room by changing your window treatments, beddings, and a few pillows. Then spruce it all up with a complementary area rug."



### Accessories are your punctuation marks.

"You want a room that is cozy, relaxing, inviting, and inspiring. Well-chosen accessories will help you do the trick. Add lampshades, boxes, and a few picture frames that strengthen your design intent."



### Repaint walls or add an accent.

"Repainting a room instantly brings change, so by all means, repaint it if the walls are already drab," suggests Acab-Faustino. "If the walls are still in good condition, try an accent wall. You can paint a contrasting color on the wall, install an accent shelf or storage area, or even put up your own gallery of artworks."

## How Hannah Does It



### MAKEOVER M.O.

"In my house, I regularly update the look simply by changing my curtains and pillows. I coordinate textures, colors, and patterns that suit my preference at any given time. I enhance the space by adding interesting light fixtures and playing around with various heights and proportions. Accessories play a key role to makeovers. Use these accents to highlight the best features of your room."

## Live Life To The Fullest

### IN LIVING COLOR

Create your most vibrant life ever at Avida Towers Astén. True to its name ("Astén" means "to affect" in Dutch), life at this high-rise condo in West Makati is bursting with color and inspiration. Surrounded by the best choices for business, entertainment, and culture, you'll never feel more at home!

### #CONDOPEG

Love the room we featured here? Find out more when you visit us at the Avida Showroom Vertis North along EDSA, North Triangle, Quezon City!

Artist's perspective



For the past 25 years, Avida has been opening up possibilities and opportunities within their communities. With sure, secure, and sensible developments, the company has combined lifestyle essentials of quality and intuitive designs, which are grounded on elements that enrich people's lives. Find out how Avida's inspired living spaces can open your world to endless possibilities. Visit [www.avidaland.com](http://www.avidaland.com).



## Fun, Fearless Life



### SHOWER SHADES

"Even a quick a.m. shower feels long and luxurious when I step behind this curtain! Helps me wake up and mentally prepare for the day ahead."  
—MYRZA SISON, EDITORIAL DIRECTOR

Shower  
Curtain,  
H&M Home,  
P1,299.

Jacket,  
Guess,  
price  
unavailable



### STONE-COLD DENIM

"Denim is always a closet staple. Upgrade your rainy-weather wear with monochrome acid wash—perfect for this season!"  
—DONNA CUNA PITA, FASHION DIRECTOR

### CITY STAYCATION

"I've learned how important it is to stop and take a breather when life gets crazy-busy. When even a weekend road trip won't fit into my schedule, a stay at a beautiful boutique hotel like **The Henry Hotel** will do the trick and give me that much-needed reboot."  
—HAPPY LOPEZ,  
FASHION EDITOR



2680 FB Harrison,  
Pasay City. Visit  
thehenryhotel.com



Erasers,  
AVA.ph,  
P350.

### ERASE ME

"I love these funny erasers that remind you to always be prepared—and protected!"  
—DIANA MADELO, ASSOCIATE ART DIRECTOR



### 50 SHADES OF NAILS

"I'm obsessed with OPI's new collection inspired by the *Fifty Shades of Gray* franchise."  
—RETTY CONTRERAS  
EDITORIAL ASSISTANT,  
COSMO.PH

Nail polish,  
OPI, P395.

# COSMO VIBES...

Gray goods for new good-for-you habits.

### GRAY SCALE

"Our handbags tend to become bottomless pits—organize your stuff by segregating it by function in pouches."  
—MICH LAGDAMEO,  
MANAGING EDITOR

Wallet, Mango,  
P1,250.



### WAKE UP LIKE THIS

"This hair spray is perfect for year-round, effortless beach waves."  
—PATRICIA JAVIER,  
EDITORIAL ASSISTANT



Hair Spray,  
Bed Head,  
P1,720.

Clock, Crate &  
Barrel, price  
unavailable.



### TIME-WISE

"Cramming and staying up late in a frantic rush to meet deadlines is so five years ago. It's never too late to learn life-saving time-management skills."  
—HAZEL MALAGONIO, ART DIRECTOR.

### ARTISTIC IMAGERY

"I'm in love with the photography of Kevin Sanderson—his uncluttered images celebrate the beauty of the female form."  
—MERIAM AHARI, BEAUTY EDITOR

kevinsanderson.com



(TEXT) COMPILED BY TRISHA BAUTISTA. (PHOTOS) COURTESY OF RESPECTIVE BRANDS.





24 HOUR  
MOISTURE  
OUTLAST





Never mind  
na lang,  
kakatamad!

COSMO CONVO

# THE TAMAD GIRL'S GUIDE TO STOP BEING SO DAMN TAMAD

Let's face it. Sometimes we'd rather hem and haw than hold the reins of our lives firmly. Because. *Kakatamad*. But this has to stop, now *na*.



We're a culture that absolutely adores instant gratification.

From our instant morning coffee and our microwave meals, to our swipe-left-or-right dating lives and digitally-based personal relationships, it seems every aspect of our existence has been designed or modified to take up as little effort as humanly possible. With our packed, hectic schedules and numerous commitments, after all, why not whittle down the time it takes to go about the minutiae of our daily lives?

Unfortunately, we've become so immersed in trying to do everything as quickly and what we think as efficiently as we possible that we tend

to forget about what we're compromising. Even though it takes barely a minute to rip open a 3-in-1 sachet and prepare a cup of life-giving, function-inducing jolt of caffeine, it'll never taste quite as good as a pot of freshly-ground, Grade A Arabica you could be brewing in your beloved French press. We forget that actually sitting down to a meal with our family or friends where we can catch up on each others' daily lives

is light years more fulfilling than sending pre-designed stickers through our wittily named Viber group.

Everyone's guilty of trying to cut cor-

ners in their lives, but why seems to be a heady, complex mixture of complacency, laziness, and losing sight

of the rewards putting in a little more effort might bring. Whether it's as simple as deciding to opt out of setting aside a couple of minutes to put on a more polished face for work, or as major as not looking for a new job to replace the one you have and hate simply because putting together a portfolio is a hassle, our love for doing as little as possible is one of the biggest things holding us back from being truly amazing.

Ironically, it usually takes much less time to actually get out and do things than it is to sit around stressing that you look unprofessional for that surprise presentation, or whining about how your job sucks, or whichever of your litany of woes happens to be most interesting that day. We're forgetting that the lives we want are rarely handed to us on a silver platter and that working for something is generally

the only way we can get it. It can be as simple as that. It doesn't matter how many inspirational collages or Pinterest boards you create, because if you don't act on making those images, ideas, dreams, or goals a reality, nothing—*nothing whatsoever*—is going to happen, and all you've done is wasted a good deal of paper, craft glue, and bandwidth.

"When can I start?" you ask, inspired to set goals and make such a pivotal change for the better, for the brand new, all-improved, reformulated you. "When can I set out on the road to awesome? Honestly, the answer is "Now." There's no better time to begin than this very moment. It may be a hassle, it may be overwhelming, but it will be rewarding and it will be worth it, but only if you make it so. The only thing keeping you from being your best self is you, so *get moving*.

**IRONICALLY, IT  
TAKES LESS TIME  
TO ACTUALLY  
GET OUT AND DO  
THINGS THAN IT  
IS TO SIT AROUND  
STRESSING.**



# HOLLYWOOD LOVIN'

*Hey girl! Here's your daily dose of the juiciest scoop and the latest news in entertainment, music and fashion straight from the source!*

Get to know the latest scoop on your favorite Hollywood celebrities, the hottest trends, and everything about today's pop culture!



**FRESH EPISODES FROM  
TUESDAY TO SATURDAY  
6:00PM**



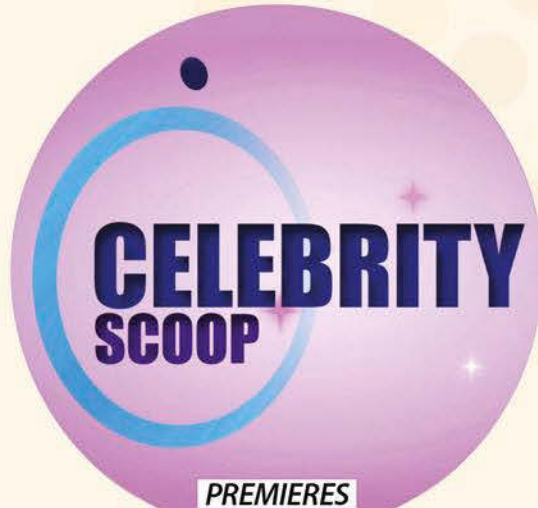
**PREMIERES  
JUNE 24, WEDNESDAY  
6:30PM**

Something is always buzzing around Tinseltown. Get updated on what's hot and happening around Hollywood.

Calling all movie buffs! Get the lowdown on all things you love about the latest movies and the actors starring in them!



**PREMIERES  
JUNE 25, THURSDAY  
6:30PM**



**PREMIERES  
JUNE 26, FRIDAY  
6:30PM**

Want to know more about your favorite celebrities? Find out their latest movies, music updates, or fashion highlights plus their best kept secrets!

**colours**

COLOURS IS SEEN ON SIGNAL CHANNEL 27 (SD), CHANNEL 102 (HD)  
AND IN OVER 200 CABLE OPERATORS NATIONWIDE.  
LIKE & FOLLOW @COLOURSTVPH!





**YES**

Alexis Cimagala, 29  
lawyer

When the commitment to start anew is equal, love generally deserves a second chance. So many things can go wrong, especially when you're young (and more hormonal and reckless), but because people change and grow over time, love that is strong, real, and more mature deserves another try. Note that growth and commitment must be present. There are exceptions, of course: your absolute non-negotiables based on your values and principles shouldn't have been the reason of your first break-up. For example: trust and loyalty mean the world to me, so I believe there is a level of betrayal that not even the most forgiving and loving person can overlook. Communicating your principles better this time around is also key. If you believe in the same things, you will likely have the same boundaries and expectations, and there'll be less confusion. If you are more or less on the same footing the second time around, and not too far apart the first time you got lost in translation, then it's definitely worth another shot!

DEBATE

# Does Love Deserve a Second Chance?

Is there such a thing as a relationship do-over?

If only it were that easy...



**COSMO GIRLS WEIGH IN**  
THROUGH AN EXCLUSIVE COSMO.PH SURVEY,  
WE FOUND OUT THAT...

**77%** OF YOU THINK THAT THERE STILL COULD BE SOMETHING GOOD THERE...

**23%** OF YOU DON'T BELIEVE IN DO-OVERS. ALL OR NOTHING, BABY!



**NO**

Strella Marie Saccalan, 28  
lawyer

I wouldn't get back together with an ex, because there are reasons you broke up in the first place. If the breakup was due to lying about a serious matter, or even worse, cheating, why would I want to stay in a relationship where there is no trust? As the saying goes, "Fool me once, shame on you. Fool me twice, shame on me." While I believe that people can truly change, I don't expect it from anyone. My mindset is, I loved you for who you were when we were together, and though I may still love you now, it's no longer the same kind of love. A breakup allows me to realize who I am outside of the relationship and to learn to love myself. I owe it to myself not to backslide. After all the tears, sleepless nights, bitterness, anger, calories gained from binge-eating while watching *The Notebook*, the constant replaying of Mariah Carey's "We Belong Together" on my phone, and, finally, the clarity and peace that dawns on me once I've moved on, why would I want to go down that rabbit hole again?

(LEAD PHOTO) GETTY IMAGES



*I*n a recent survey, 72% of the women polled said they feel that they look better when fully clothed.

*introducing  
your*  
**30-MINUTE  
SLIMDOWN**  
The new **FMS Elite**



Indeed not many people, female or male, can say that they are 100% confident about how their bodies look without any clothes to cover up any problem areas—whether it's chunky thighs, lovehandles, flabby arms, or a bulging tummy.

“Look better naked,” we’ve all secretly wished for it but know that it is easier said than done especially when we’re dealing with all the pounds that have crept on over the years and after childbirth. But with Marie France, it is possible and there is no better time to start than now.

Marie France is known for the highly successful body wrap treatment FMS (Fat Mobilization System). However, some people were put off by its reputation of being intolerably cold and uncomfortable.

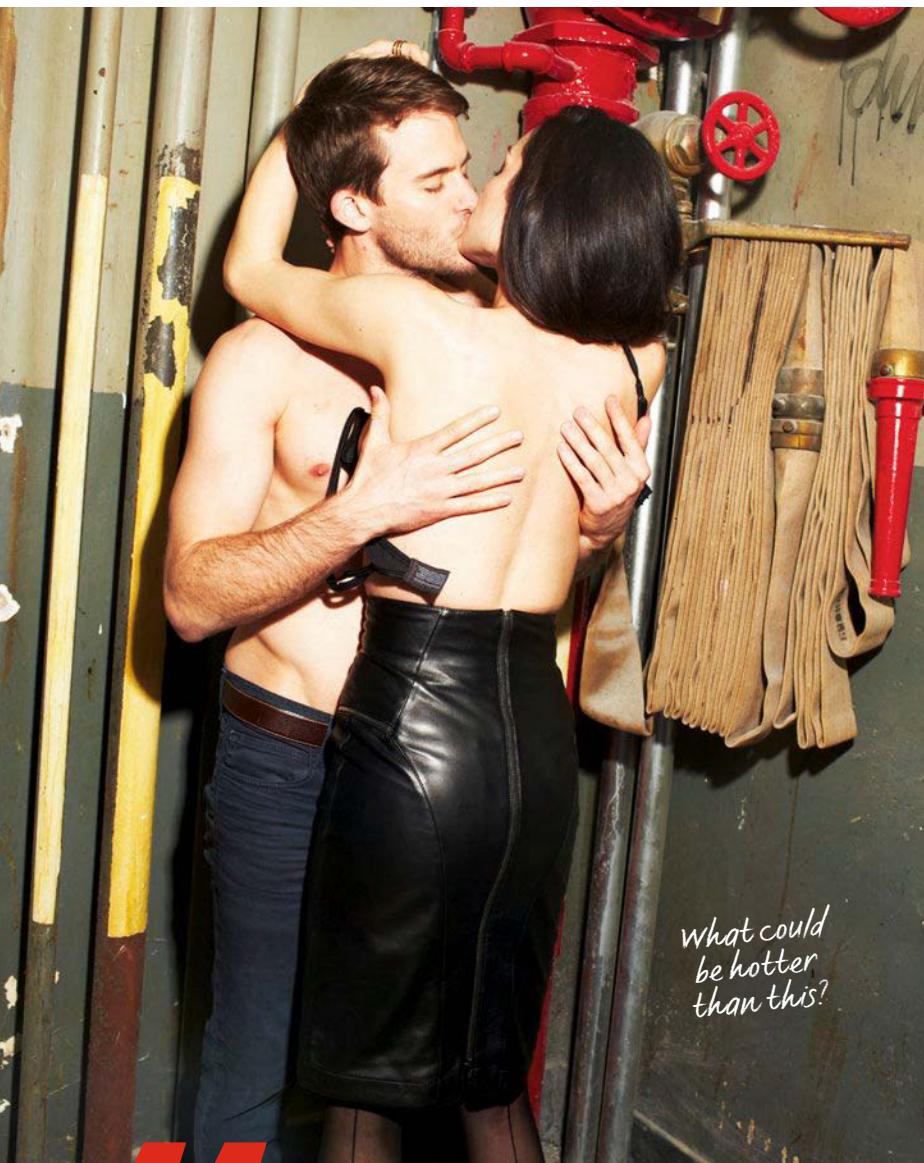
Now with the FMS Elite, there’s no more cold wet wraps and no more shivering. The science behind the FMS Elite still induces the body to generate heat energy via thermogenesis, stimulating the conversion of regular fat to brown fat, which is easier to burn.

With its superior technology, the FMS Elite is more efficient in burning calories without intense cold and shivering. And the treatment session still lasts only 30 minutes with no downtime.

No excess fat stands a chance against Marie France’s fat-burning power. Shed the pounds safely and effortlessly. No surgery, no fad diets, no strenuous workouts, and now, no more cold wraps, and no more shivering.

*Experience this new treatment now at Marie France! Call 894-2639 today to book your free consultation.*

# FunFearless CONFESSIONS



*What could  
be hotter  
than this?*

## GIRL ON FIRE

My girlfriend lives in a condo with her parents, and they were home while I was visiting one day. Naturally, we wanted to fool around but they were an obvious deterrent. We pretended to leave instead and used the fire escape that goes outside the building—no CCTV, but visible to the rest of the world. Hopefully climbing to the top floor was privacy enough! —WILL, 25

Cosmo readers share their steamiest secrets and embarrassing experiences.

## 2 STAY CLASSY

"I bought five-inch heels for a night out with my friends and my boyfriend. I was planning to break them in that night, but maybe I should have thought twice about that plan. I ended up stumbling and falling several times, once almost dragging my BF down with me to the floor. Oops!" —KARA, 21

## 3 Karaoke Queen

"I AM A KARAOKE FIEND. REGINE VELASQUEZ'S 'ON THE WINGS OF LOVE' IS MY GO-TO FAVE. I EVEN DO MOVEMENTS WITH IT AND HAVE PERFECTED MY CHOREOGRAPHY. ALL MY FRIENDS MAKE FUN OF ME."

—CARA, 28

4  
"I gave my boyfriend a hand in the parking lot of the church in our village. The only time an HJ has ever been so hot."

—DANA, 27



5

## BAND-NO!

"During a beach trip to Boracay, my friends and I went to Ariel's Point to try cliff diving. I put on my favorite swimsuit at the time (the top was a bandeau), which I realized was a huge mistake! I jumped, hit the water, and as soon as I came up for air, I realized my bandeau was right under my boobs! Good thing I felt the coldness of the water, realized what happened, and was able to put it back on once I reached the top. Whew!" —PATTY, 25

7

### DIGITAL THREE-WAY

"I met a guy through Tinder, and we hit it off right away. I even gave him my mobile number so we could continue communicating. I figured I'd let my friends know about it, since it was becoming more serious than I thought. Turns out one of my friends admitted to texting the same guy I was talking to! So much for exclusivity." —KAYE, 25

## “MEAN GIRL

"One workday, a co-worker accidentally spilled a packet of *toyomansi* on my white shirt and skirt as she was trying to rip it open. I was fuming inside, but didn't show it. Good thing I live near our office, so I went home to change. I know she didn't mean it, but I gave my coworker the cold treatment for a week." —LEIA, 29

3

## HEY KITTY KITTY

"I was singing in the the shower the other day, and my roommate rushed in to ask if I was okay. I can't sing to save my life—I sound like a dying cat!"

—GABI, 24

6

## Blushing Bridesmaid

"I WAS A BRIDESMAID AT MY BROTHER'S WEDDING. OUR DRESSES WERE LIGHT YELLOW, BUT I REALIZED ON THE DAY I'D FORGOTTEN TO WEAR NUDE UNDERWEAR—SO I DECIDED TO GO COMMANDO. EVERYTHING WAS FINE UNTIL AFTER THE CEREMONY. AT THE RECEPTION AREA, WE HAD TO WALK UP A SMALL HILL, BUT I TRIPPED AND STUMBLED OVER... I QUICKLY TRIED TO PULL DOWN MY DRESS, BUT IT WAS TOO LATE. I'D ALREADY FLASHED ALL MY FRIENDS AND HALF MY EXTENDED FAMILY." —PAM, 21

## GUY CONFESSIONS

His shameless scams and juiciest secrets revealed.

1

### EMASCULATED

"While playing volleyball on an island, the ball landed in the drink and began to float away. Our buddy who tried to get it broke his slippers and got stuck while it continued drifting into deep water. The only person in our group who could swim far enough was a girl and we all felt like mega losers watching her from shore the whole time." —JOSEPH, 24

2

### Drinks Are Bad

I agreed to go on a date with a girl I didn't really like because I didn't have anything better to do. When I got to the gig place however, I saw my sexual tension crush there and immediately went to work on getting my date drunk and out of commission so I could creep on her instead.

I succeeded in getting her tipsy and dumped her off with her friends who were also there—all for the score. —JAN, 22

4

### OFFICIAL BUSINESS

I beat it during business trips when I solo a room.

—CARLOS, 26

# MID-YEAR Beauty Upgrade

More beauty tweaks for a better-looking you? Hell yeah!

## From One-step Skin Habit to a Complete Skin Care Routine

A healthy skin care routine consists of five things—facial cleanser, toner, exfoliator, moisturizer, and sunscreen. They keep you protected from dirt, excessive oil, wrinkles, and fine lines. Trust us, it pays to invest in your skin, girl.

## From Regular Foundation to an Anti-Aging Base

Put your beauty game face on with Cover Girl + Olay Simply Ageless Foundation. Infused with serum and SPF 22, this must-buy keeps the skin's youthful glow by eliminating fine lines and screening your skin from the sun's harsh rays.



Bye-bye, wrinkles!





## From Quick Concealers to a Total Eye Rehab

Replace your old concealer with a multitasking eye product like Cover Girl + Olay Eye Rehab 2-in-1 Concealer. It works as a concealer and CC cream, as it masks dark circles, brightens the eyes instantly, and evens out skin tone with regular use.



## From Drawn-In Brows to a Low-Key Kilay

Take a break from your #KillerKilay and go for natural-looking brows instead. Just sketch your brows with your preferred eyebrow makeup, and slowly brush it to even out the color. So much easier than the draw-and-fill technique, right?

## From Harsh Contours to Natural Highlights

It's time to wipe off your Kardashian-inspired makeup and try the strobing technique to achieve a softer and prettier glow. Your glam team: tinted moisturizer, luminescent powder, and highlighter. Go to [cosmo.ph/beauty](http://cosmo.ph/beauty) for the complete how-to.

## From DIY Hair Color to To-Dye-For Hues

Want to try a bolder shade for your hair? Skip the bottled colors and treat your locks to a long, luxurious salon sesh. Hair stylists can tell you which shade best matches your skin tone and facial features. Plus, with a professional treatment, you get a longer-lasting, more evenly applied color.



## From Lip Gloss to a Healthy Pout

Lippie addict? We totally get it. But make sure to choose your lipsticks wisely, because most of them contain harsh ingredients that can take a toll on your pretty puckers. Before buying a lipstick, make sure to read product reviews first. Plus points if your lippie has SPF!

## From Dull Strands to Smooth & Silky Hair

Give your hair the ultimate beauty upgrade with Head & Shoulders Smooth and Silky Shampoo and Conditioner. It not only keeps your scalp healthy and 100% dandruff-free, it also gives the moisture and nourishment that your hair deserves.



# COSMO GIRL WATCH

# DENIM DARLING

No clue how to rock denim? Take your cue from these fashionable stars.

**Sari Lazaro**

*Avoid looking frumpy in overalls by pairing it with a tight top.*



Jumper, **Mango**, P2,250.



**Zendaya**



Shirt, **Topshop**, P2,995.



**Maxene Magalona**



*For the right kind of pop without the hassle, go for a sling bag in a bright color.*

Bag, **My Everyday Fashion**, **Zalora.com.ph**, P599.



Sneakers, **Zara**, P2,595.

*Nothing says '90s throwback like this crop-top-cardigan combo. Dress it down with a pair of boyfriend jeans.*



Jeans, **Topshop**, P3,195.



**Khloe Kardashian**

*Try a chambray shirt with a pair of light-wash jeans for full-on denim-on-denim. Then, add pumps.*

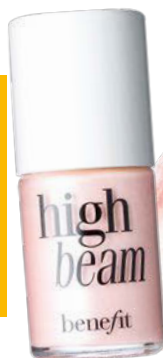


Pumps, **Betsy**, **Zalora.com.ph**, P1,279.



Cardigan, **Mango**, P995.

**BEAUTY TIP:** Dot champagne-pink highlighter on areas where the sun normally hits your face (forehead, nose, chin, cheeks) for a dewy glow.



**Benefit High Beam**, P1,600.

(TEXT) PATRICIA JAVIER, (LAZARO, MAGALONA) COURTESY OF STYLEBIBLE.PH/MAJOY SIASON (KARDASHIAN) REX FEATURES, (ZENDAYA) BROADIMAGE/REX (STILLS) COURTESY OF RESPECTIVE BRANDS.





## THE POWER OF COCONUT

Moisturizing. Antibacterial. Antifungal. Paraben-Free.  
Specially made to delight and care for your skin, *naturally*.



Caring Naturally in Lotion, Beauty Bar and Body Wash

COSMO GUY

# ADRIAN GRENIER

Cosmo hugs it out with the leading man of *Entourage*.

→ **SHY GUY** "I think I'm the only guy in the *Entourage* group without brothers, so I'm the runt. Growing up, I was very shy and sensitive... a mama's boy."

→ **VINCEWHO?** "I live a better life than Vince! I get to go home and be calm. I'm not as shy now, but I'm glad I live in New York so I can escape the crowd."

→ **NONNEGOTIABLES** "A confident, calm voice. You get a lot of insight into a person from hearing their voice. And hygiene. I like a girl who flosses."

→ **TAKE HIS WORD FOR IT** "If I ever get married, I'm saying my own vows. You've got to think about what you're saying and committing to."

→ **YOUR SECRET WEAPON** "A lot of times, insecurities beget rejection. It's not about how good-looking you are. It's attractive when you love yourself."

(INTERVIEW) RACHEL MOSELY (GROOMING) JODIE BOLAND USING CHANEL LES BEIGES AT SEE MANAGEMENT. (T-SHIRT) WHAT GOES AROUND COMES AROUND. (JEANS, SHOES) ADRIAN'S OWN.



# NO FILTER:



LET'S TALK ABOUT ME.

A monologue series  
by Millennials  
for Millennials  
about Millennials

#SandboxNoFilter

In alphabetical order



CAI CORTEZ



JASMINE CURTIS-SMITH



SARAH FACURI



KHALIL KAIMO



SAAB MAGALONA-BACARRO



MICAH MUÑOZ





LAUREN YOUNG

July 25 - August 2, 2015  
RCBC Theater,  
Makati City

For tickets,  
contact 585-6909  
or 0917-8996680

**TICKETWORLD** 891-9999

  @thesandboxco  
 TheSandboxCollective

Sponsors



**BOROUGH**

Media partners

YoungStar

YSTYLE

**COSMOPOLITAN**

**circuit**

**SCOTT  
EASTWOOD**

Forget "acting legend" and "award-winning director." Dad Clint can now add "fathering perfection" to his long list of contributions to the world. Can you believe how hot this guy is?

**MAX IRONS**

Acting legend Jeremy should be mighty proud of his son, whose made-for-screen puppy dog eyes and chiseled features have nabbed him quite a few plum TV and movie roles.

**CHRIS PINE**

This hot hunk has the biz in his blood: Both his parents (and his grandparents!) graced the small and big screens. The acting A-list was definitely in the cards for this stunner (and we're so, so grateful).

**PATRICK  
SCHWARZENEGGER**

Miley Cyrus has done quite a few things that have raised our eyebrows, but dating Arnold's chip of the old block is a move we applaud (and wish we could do, too).

**ALEXANDER  
SKARSGARD**

The *True Blood* star has acting royalty blood running through his veins (dad Stellan and bros are all in the biz), and his chiseled god-like looks definitely send the blood coursing through ours.

# GUY WATCH DADDY'S BOYS

These dudes did more than just follow in their famous fathers' footsteps—talk about carrying the family name with hotness!

(TEXT) MICH LAGDAVED. (PHOTOS) SCHWARZENEGGER, EASTWOOD, SKARSGARD) REX FEATURES. (MAGARONA, PASCUAL) COURTESY OF PEP/NOEL ORSAL



**UNBELIEVABLY HEALTHY!  
INCREDIBLY DELICIOUS!**

Loaded with **2x MORE** fiber **plus fruit!**

versus other supermarket wheat bread brands per 100g of bread

Indulge yourself in the healthy goodness of plump, succulent California raisins embedded on amazingly soft and moist wheat bread baked using the country's most modern manufacturing plant and world-class standards.

It's wheat bread as you've never imagined it to be!





Fun, Fearless Celebs

## HUNK OF THE MONTH

“My friend and I were at a bar with our eyes on the same girl. I spilled water on his crotch, so he left. I got the date.”

**Name:**  
Donluis Muñasque

**Height:** 6'0"

**Age:** 25

**Ethnicity:**  
Filipino

**Hunk on Instagram:**  
@iamdonluis



(PHOTO) MARK CHESTER ANG. (ART DIRECTION) YANI MADELO. (STYLING) PATRICIA JAVIER. (GROOMING) VIDA NON JAUCIAN. (STYLIST) CAMILLE SANTIAGO. SHORTS FROM UNDER ARMOUR. SHOT ON LOCATION AT FITNESS FIRST PLATINUM. 5/F SM AURA PREMIER, 26TH ST. CORNER MCKINLEY PARKWAY, BONIFAYO GLOBAL CITY, TAGUIG. +632 808 9695.





# HOTTEST SUMMER WITH #MyNesteaBeach

You don't know summer in Boracay until you've experienced it with Nestea!



L-R: Business Executive Manager for Beverages Sherilla Bayona, NESTEA Beach 'Love the Beach' brand ambassador David Guison, Consumer Marketing Manager Leanne Jacinto, and Marketing and Events Executive Jel Leyte



## BEST BEACH VOLLEY

The best volley players bumped, set, and spiked their hearts out in Boracay. NESTEA Refresh Beach Volleyball ambassadors Gretchen Ho, Michele Gumabao, Rachel Anne Daquis, and Cha Cruz owned the court and went home as the first NESTEA Beach Fantasy Beach Volleyball Match Champions. Good job, girls!

## UNWIND UNDER THE SUN

Fashion and lifestyle blogger Lissa Kahayon invited us to sit back, relax, and soak up the beauty of Boracay at the NESTEA Beach Refresh Lounge. Overflowing drinks, spa and beauty treats, and a paraw sailing sesh? We lived the ultimate beach life at the #MyNESTEAbeach!

## HOTTEST SUMMER PARTIES

LaBoracay? More like LaBoracray! NESTEA kicked things off with the NESTEA Summer Plunge Party last April 30 at Tides Roofdeck, accompanied by DJ Nina, DJ Ludwig Van Beat, and DJ Ron Poe.

On Labor Day, NESTEA brought us the freshest sounds from Black Market's DJ Badkiss, DJ Angelo, and DJ DonP at the Secret Party at Kasbah Boracay. Happy hour turned into a posh sunset sesh with the new NESTEA Cranberry Cosmopolitan Blend, which combines the goodness of red tea with the delicious flavor of cranberry.

NESTEA Beach closed the awesome weekend by throwing two back-to-back parties co-hosted by Valkyrie at the Epic Bar in Station 2. The mixes from DJ Sander Van Doorn and Knife Party had us partying like there was no tomorrow. #Cheers

## LOVE THE BEACH (AND MEAN IT!)

Fronted by blogger David Guison, the #MyNESTEAbeach 'Love the Beach' clean-up event was a big win for Boracay. The first leg, 'Show the Love,' had 235 participants gathering after-party clutter all over the island. They collected a total of 103 kilos of trash underwater with the help of the Boracay Association of Scuba Diving Schools (BASS) and 200 kilos of coastal trash. The second leg was called 'Share the Love,' which had NESTEA selling 10,000 pitchers of iced tea during Labor Day week. All proceeds went to the coral reef restoration program of Boracay Foundation Inc., with Nestea matching the amount raised from the iced tea sales. Now that's what we call beachlovin'!



L-R: 18th NESTEA Beach Volleyball Fantasy Match Champions Michele Gumabao, Cha Cruz, Gretchen Ho, and Rachel Anne Daquis



Leanne Jacinto, Consumer Marketing Manager for NESTEA



L-R: NESTEA Beach brand ambassadors David Guison, Lissa Kahayon, Daniel Matsunaga, and Gretchen Ho

We celebrated LaBoracay by working hard and partying even harder!



NESTEA Beach 'Love the Beach' brand ambassador David Guison



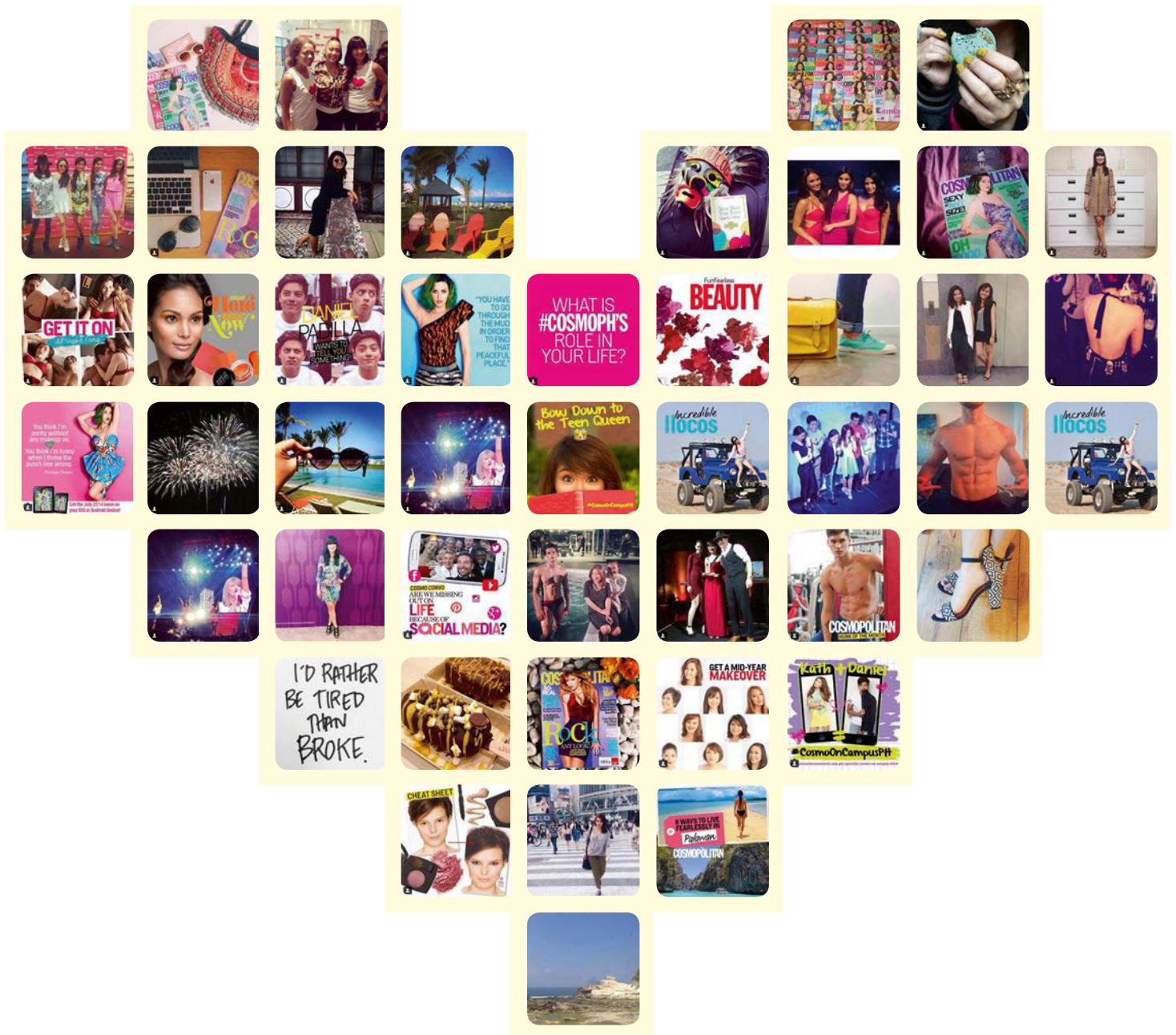
NESTEA Party Plunge at EPIC



## follow us

# Let's be friends

*Gone are the days when loving Cosmo meant buying it once a month...*



*Double tap for CosMOREpolitan all month long*



**@COSMO\_PH**  
The juiciest Cosmo bit,  
in just one line



**FACEBOOK.COM/  
COSMOPOLITAN.PH**  
Mingle with fab Cosmo  
girls, and cute guys!



**@COSMOPOLITAN\_**  
**PHILIPPINES**  
See what fun and fab  
stuff the Cosmo staff  
are working on



**PINTEREST.COM/  
COSMOPOLITANPH**  
Because we know you  
love Cosmo photos this  
much!



**THE PANTS**

Mango, P2,250.

H&M, P899.

Factoire, P1,395.

Zara, P2,295.

Chictees, P899.

# FunFearless STYLE

SWEAT IT OUT  
"ATHLETIC WEAR  
HAS EVOLVED  
TO BECOME A MAJOR  
PART OF FASHION. I  
LOVE PHAT BUDDHA  
AND MICHY NY.  
THEIR LEGGINGS  
LOOK GREAT IN  
THE GYM OR ON  
THE STREET."

TOP, Marc by Marc  
Jacobs. PANTS,  
Pam and Gela.  
CLUTCH, Sara  
Battaglia.  
NECKLACE,  
Moxham.  
BRACELETS (on  
left arm, from top),  
Fallon; Vita Fede;  
(on right arm)  
Joomi Lim.

## LOOK HOT TONIGHT GYM TO DRINKS

Kanye in sweats at the Grammys was on to something.  
Hbfit.com's Hannah Bronfman shows you how to make your  
workout clothes look flawless for cocktails.



TOP TALK  
 "I LOVE A GOOD  
 SPORTS BRA.  
 WHEN WORN WITH  
 HIGH-WAISTED PANTS  
 OR A SKIRT,  
 IT'S AN EASY  
 TRANSITION TO NIGHT-  
 TIME."

## THE SPORTS BRA



Under Armour, ₱2,595.



Nike, ₱2,050.



Reebok, ₱2,295.



Allstar at Zalora.com.ph, ₱499.75.



Mango, ₱1,750.



Reebok, ₱1,395.



## REQUIRED GEAR

### HEADPHONES

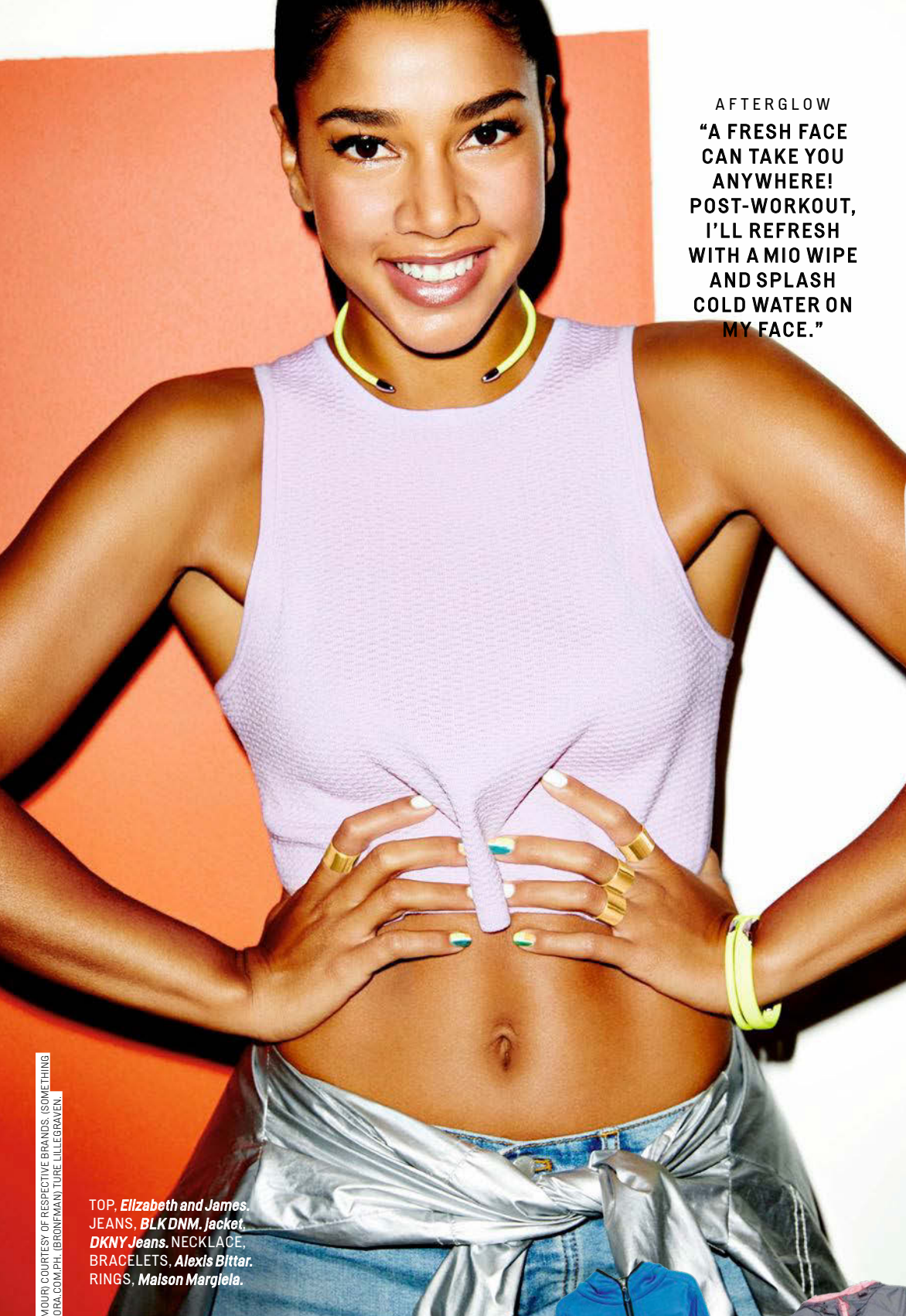
Plantronics Backbeat  
 Fit at Lazada.com.ph,  
 ₱6,200.



BRATOP, *Michi*.  
 SKIRT, *Calvin Klein*.  
 SHOES, *Sophia  
 Webster*. EARRINGS,  
*Colette Malouf*.  
 BRACELET,  
*Moxham*. RINGS,  
*Forever 21*.

(STYLING) HAPPY LOPEZ. (UNDER ARMOUR, MANGO) COURTESY OF RESPECTIVE BRANDS. (NIKE, REEBOK, ALLSTAR) COURTESY OF ZALORA.COM.PH. (PLANTRONICS) COURTESY OF LAZADA.COM.PH. (BRONFMAN) TURE LILLEGRAVEN.





AFTERGLOW  
 "A FRESH FACE  
 CAN TAKE YOU  
 ANYWHERE!  
 POST-WORKOUT,  
 I'LL REFRESH  
 WITH A MIO WIPE  
 AND SPLASH  
 COLD WATER ON  
 MY FACE."

# THE JACKET



Under Armour, ₱4,395.



Jean Lauie at Zalora.com.ph, ₱3,695.



adidas, ₱4,495.



Something Borrowed at Zalora.com.ph, ₱1,499.



Mango, ₱3,950.



Mango, ₱3,250.

TOP, *Elizabeth and James*.  
 JEANS, *BLKDNM*. Jacket,  
*DKNY* Jeans. NECKLACE,  
 BRACELETS, *Alexis Bittar*.  
 RINGS, *Maison Margiela*.



## REQUIRED GEAR

### THE MAT

Yogarat at Zalora.com.ph, ₱2,850.

(STYLING) HAPPY LOPEZ. (ADIDAS, MANGO, UNDER ARMOUR) COURTESY OF RESPECTIVE BRANDS. (SOMETHING BORROWED, JEAN LAUIE, YOGARAT) COURTESY OF ZALORA.COM.PH. (BRONFMAN) TURE LILLEGRAVEN.



STEPPING OUT  
**"SNEAKERS  
 AREN'T JUST FOR  
 WORKING OUT.  
 NIKE FLYKNITS  
 ARE GREAT SHOES  
 TO TRANSITION  
 FROM THE GYM  
 TO A MEETING OR  
 ANYWHERE  
 THE DAY/NIGHT  
 TAKES YOU!"**



TOP, Phat Buddha. SKIRT, Ohne Titel. SNEAKERS, Nike. NECKLACE, Marion Vidal. BRACELET, Holst + Lee. RING, Luv Aj.

## HANNAH'S PLAYLIST

### WEIGHTS

KNOW YOURSELF, BY DRAKE  
 IDFWU, BY BIG SEAN  
 These are great pump-up songs for weight lifting, especially if you time your heaviest lift with the beat drop!

### CARDIO

UPTOWN FUNK, BY MARK RONSON FEAT. BRUNO MARS  
 GROWN WOMAN, BY BEYONCÉ  
 Whether you're Spinning or running, the infectious beat of these songs is sure to keep you moving!

### PILATES

JEALOUS, REMIX BY NICK JONAS FEAT. TINASHE  
 It's upbeat enough to be energizing without being too aggressive, so you can keep your mind on your muscles.

### COOL DOWN

ONLY ONE, BY KANYE WEST  
 It is super catchy but slow and will really help you catch your breath.

## THE SNEAKS



New Balance, ₱3,895.



Reebok, ₱3,695.



adidas, ₱7,995.



Reebok, ₱3,695.



Under Armour, ₱5,695.



Asics, ₱5,200.



Saucony, ₱5,395.



Nike, ₱5,795.



Zara, ₱2,295.



adidas, ₱8,295.



## REQUIRED GEAR

### SPORTS WATCH

adidas, ₱5,450.

(STYLING) HAPPY LOPEZ. (ADIDAS, UNDER ARMOUR) COURTESY OF RESPECTIVE BRANDS. (NIKE, ASICS, REEBOK, SAUCONY, NEW BALANCE) COURTESY OF ZALORA.COM.PH. (BRONFMAN) TURE LILLEGRAVEN.





GET INTENSE WHITE SKIN

with **Belo** INTENSIVE  
WHITENING

25 *Belo*  
beautiful years





# ASK HAPPY

Cosmo fashion editor Happy Lopez fixes your fashion probs and shares her new obsessions.



Tumi

We have no dress code at work so basic tees are my favorite thing to wear. But I'm getting bored with my look (or non-look!). Any suggestions?

“Go graphic, girl! You'll go ga-ga over Uniqlo's latest t-shirt collection with 35 graphic themes in more than 1,200 colors and patterns to choose from. Take your pick from Marvel superheroes and Disney characters, all the way to music icons and movie logos. Tip: Leave a navy or neutral blazer in the office to spiff it up for emergency presentations or client calls.”



Uniqlo



Help! I want to get my boyfriend a work bag but he doesn't want to be teased by his colleagues for carrying a man purse.

“Check out Tumi's 1975 commemorative collection and I'm sure you'll find something he'll love. I think the Slim Brief is a perfect carryall for his laptop plus extra pockets for his other gadgets and work essentials. With its cowhide leather and tan finish, this classic case will make him look oh-so dapper at the office.”

Guess



I've noticed how old-school denim has become trendy again. I'm torn between Mom jeans and flares—which one's a keeper?

“I find flares more flattering and versatile. It's a style that always makes a comeback, so it's become a classic denim staple. Find the perfect pair that fits you best because this is one style you can wear over and over again.”

Ever New



I want to wear a white dress to a friend's wedding but I don't know if it's appropriate. What's the rule on this now?

“Unless the bride specifies guests not to, I think it's okay to wear white to a wedding, especially with all-white outfits being so on-trend lately. My suggestion is to keep the design of your dress simple and modest to avoid stealing the spotlight from the bride. You can also break the monotony of white by accessorizing with heels and a clutch in bright colors.”

(TEXT) HAPPY LOPEZ, (EVER NEW, GUESS, TUMI, UNIQLO) COURTESY OF RESPECTIVE BRANDS.





# ADVANCE

## Lip and Cheek Stain

Embrace natural beauty with a lovely hint of pinkish glow. Dot and blend the EB Advance Lip and Cheek Stain (P135) on your lips and cheeks for that sun-kissed glow.



# POP of *Pink*

THE M STORE  
BEAUTY SECTION

save more  
BRANDS

watsons  
look good. feel great.

mercury drug  
NAGASIQURO GAMOT AY LAGING BAGO

ROBINSONS  
Department Store

Walter  
Mart

PUREGOLD

DISTRIBUTED BY:  
ever blena Cosmetics Inc.

ADVANCE  
BEAUTY  
EB ADVANCE  
ALL RIGHTS RESERVED BY EVER BLENDA COSMETICS INC. 2015



# TREND TEST

## How do I wear...

# CAPE SLEEVES

Real women, real shapes, really helpful advice.



A tailored top tucked into a pair of ruched shorts give a skinny frame a curvier look.

**CHRISTINE LAVIÑA**  
33, *makeup artist*

Top, Zalora, ₱594. Necklace, ₱755, and shorts, ₱715, both Forever 21. Bracelet, What Women Want at SM Department Store, ₱199.75. Shoes, Suiteblanco, ₱2,399.



Afraid of drowning your petite frame? Pick a style with quarter sleeves and a V-neck.

**PAULA PANGAN**  
30, *freelance art director*

Top, CPS at Zalora.com.ph, ₱1,859. Pants, Promod, ₱1,695. Bracelet, What Women Want at SM Department Store, ₱579.75. Heels, Parisian, ₱999.



Soften an athletic build with a tee style with flowy sleeves.

**MARY GRACE SARMENTA**  
34, *businesswoman*

Top, Zalora, ₱549. Necklace, What Women Want at SM Department Store, ₱579.75. Pants, Promod, ₱1,995. Pumps, Parisian, ₱899.75.



**GIA CABALLERO**  
30, *entrepreneur*

Top, Zalora, ₱1,299. Necklace, What Women Want at SM Department Store, ₱299.75. Skirt, Forever 21, ₱665. Heels, Call It Spring, ₱2,455.

Balance out cape sleeves with a tight tube skirt that accentuates your curvy hips.

A tailored cape jacket structures and slims a top-heavy frame.

**LEXI PULHIN**  
24, *student*

Cape jacket, SM Woman, ₱799.75. Dress, Promod, ₱2,695. Bracelet, What Women Want at SM Department Store, ₱249.75. Pumps, Parisian, ₱899.75.



(PHOTOS) LOUIE AGUILAR DO. (STYLING) HAPPY LOPEZ. (ASSISTED BY) CARIE AGUILA. (MAKEUP) CHRISTINE LAVIÑA AND NIKKI DUQUE. (HAIR) ELAINE GANUELAS AND NIHOT BITUIN.



# NEW CITY NEW ME

Moving to a new city took me out of my comfort zone.

It was a big move with even bigger surprises. I finally got my own apartment, met new friends, and had a complete makeover.

I loved every bit of this change. Especially my hair. It was vibrant, and it reflected exactly who I am right now — exciting and full of life.

I made the right choice to KOLOUR it. It protects my Asian hair with its advanced color and care formulation.

Because as they say, every new change deserves a new look.

**KOLOURS®**  
CARES FOR EVERY HAIR STORY



color & care for  
**ASIAN HAIR®**

With a safe & tested formulation especially made for Asian hair, we give you Intense Dual Conditioning Action enriched with Vitamins E, B5, and Natural Coco Essence that deeply protects from root to tip. And with Precision & Color Retention Technology, you get vibrant hair color for up to 3 months.

LET YOUR HAIR STORY START NOW.



FACEBOOK.COM/KOLOURSPHILIPPINES



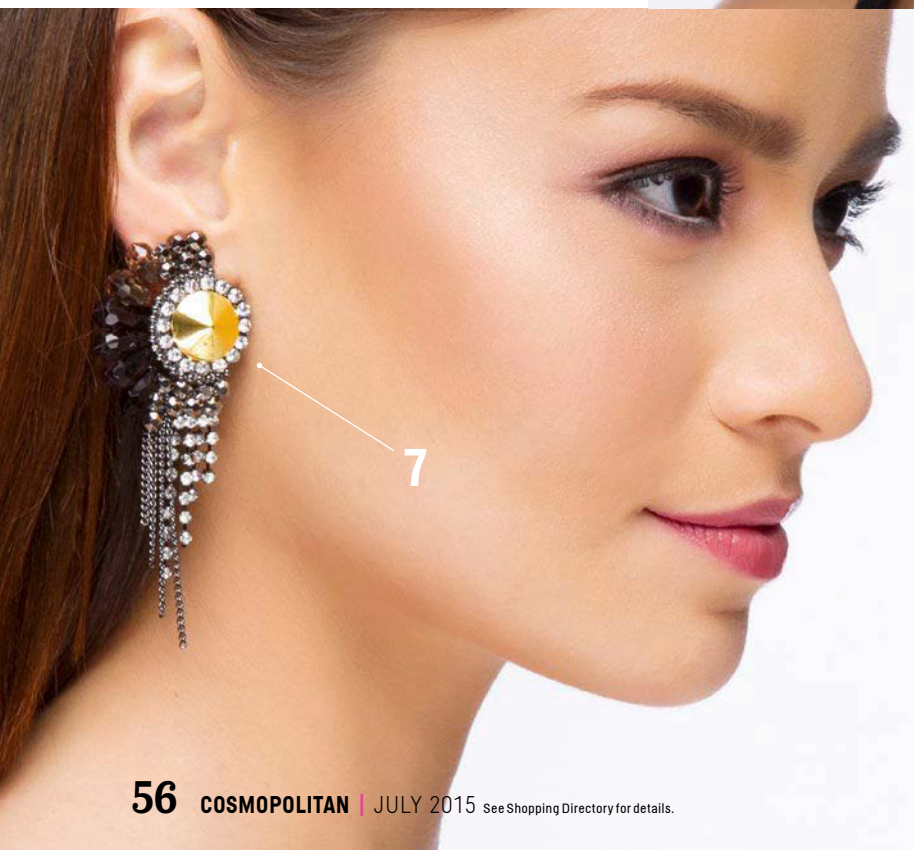
@KOLOURSPHILIPPINES





TREND TIP  
**PLAY IT  
BY EAR**

Layering isn't just for sweaters.  
Frame your face with loads of  
delicate treasures.



**1 / Earrings**, What Women Want at SM Department Store, ₱379.75. **2 / Earrings**, What Women Want at SM Department Store, ₱349.75. **3 / Earrings (part of a set)**, Call It Spring, ₱355. **4 / Earrings (part of a set)**, Call It Spring, ₱355. **5 / Earrings (part of a set)**, Call It Spring, ₱355. **6 / Earrings**, Suiteblanco, ₱349. **7 / Earrings**, Parfols, ₱590.

(PHOTOS) LOUIE AGUIALDO. (STYLING) HAPPY LOPEZ. (ASSISTED BY) CARIE AGUILA. (MAKEUP) NIKKI DUQUE. (HAIR) ELAINE GANUELAS. (MODEL) KATE BAUTISTA.



# EVERYWHERE YOU ARE

The Philippines' best-loved magazines now available in digital editions.



Download these great titles on your tablet or smartphone of choice!



Log on to [www.summitnewsstand.com.ph](http://www.summitnewsstand.com.ph) to get started.





### THREE-STRIPE COLLAB

High Street giant Topshop teams up with Adidas Originals for a second seven-piece collab. The exclusive capsule of essential staples is the perfect marriage of street style and sport heritage. Go sporty with the Superstar jacket or urban with the metallic Superstar sneakers—you'll fall in love like we did, too.



### LADY LUCK

Adorn that brunch outfit with dainty jewelry from Agatha's Lady Scottie collection. From delicate pendants and brooches to sterling silver bracelets and rings, each piece is a stunner.

# WHAT'S HOT

Get your fresh fashion fix with this month's finds.



**THE LONG WAIT IS OVER** Hey #TitasofManila, finally, your favorite nylon It bag brand has its own stand-alone boutique in Manila, and it's brimming with the colorful bags that everyone loves. You're sure to find another addition to your already-full Longchamp bag closet. Head on over to Greenbelt 5 to check it out.



### COUP DE CHIC

This season calls for a complete closet overhaul. What better way to update your threads than by checking out F&F's Spring/Summer collection, with crisp laidback pieces that are soo utilitarian chic.



### YOU LIVE HARDCORE

Stand out from the sea of ballet flats, espadrilles, and pointy pumps this season with a pair of Doc Martens' Limited Edition Archive Con-gress boots. Go on the rebellious side with the lived-in look of this Star & Stripes themed boot, a recreation of the 1980s US West Coast Hardcore scene. Hurry, they only made 1,460 pairs!



### HAPPY'S TIP

Maintain your bags by stuffing them with acid-free tissue paper to preserve their shape. When you're not using them, store bags individually in a dust cover or a pillowcase for protection.

(TEXT) PATRICIA JAVIER, (AGATHA, DOC MARTENS, LONGCHAMP, F&F, TOPSHOPXADIDAS) COURTESY OF RESPECTIVE BRANDS.



# FUN & FEARLESS AT 18

Who run the world?  
Cosmo Girls, of course!



Team  
Cosmo  
came in  
full,  
fearless  
force!



Cosmo readers  
were treated to a  
fun-filled,  
inspirational  
afternoon!



Cosmopolitan Philippines continued to celebrate its 18th anniversary with another exciting event called Cosmo's Fun Fearless Life, held at the Skye Lounge in Bonifacio Global City on June 6. Cosmo readers were treated to an afternoon of inspirational talks from Cosmo editorial director Myrza Sison, FlipTrip.ph co-founder April Cuenca, GrabTaxi country manager Natasha Bautista, "The Bull Runner" Jaymie Pizarro, celebrity fashion stylists Cath Sobrevega and Maita Baello of Quator Studio, top celebrity makeup artist Jigs Mayuga, Cosmo.ph assistant managing editor Sandra Pineda, and Cosmo beauty editor Meriam Ahari. Passion and pampering were the order of the day, with fun activities and beauty freebies galore. Whisper gave attendees the chance to let loose at the Fun Fearless Flipbooth, while Skin White and Lactacyd had them posing for OOTD photos in their summer best.



The Bull Runner  
Jaymie Pizarro

Cosmo FFF '15 and  
Whisper Girl April Cuenca

Cosmo FFF '15 and Whisper  
Girl Natasha Bautista



Top makeup artist  
Jigs Mayuga



Celebrity fashion stylists Maita Baello  
and Cath Sobrevega of Quator Studio

Cosmo.ph assistant managing  
editor Sandra Pineda

Cosmo EIC  
Myrza Sison



Cosmo beauty editor  
Meriam Ahari

Attendees also got head-to-toe makeovers from Tokyo Posh, Browlab, and Beauty & Butter. Armed with newfound insights and helpful tips from their #lifepegs and the confidence to look and do their best, readers were even more inspired to go out there and live their best life ever. Here's to more fun, fearless years, Cosmo Girls!

Co-Presented by  
**whisper**  
Major Sponsors  
**Lactacyd SkinWhite**



# COSMO'S FUN FEARLESS LIFE

Cosmo and Whisper celebrated fun and fearlessness last June 6 at Skye, bringing together Cosmo Girls for an afternoon packed with conversations and discoveries about how to win in life—covering travel, fitness, beauty, fashion and even careers. Aside from pampering booths that made every attendee feel special, the Cosmo editors, together with Cosmo's Fun Fearless Females and Whisper ambassadors Natasha Bautista and April Cuenca, shared life advice and practical tips to help Pinays be the best versions of themselves and go further in life.

Find out why these inspiring girls choose *whisper*® to make their fun, fearless life possible!



## READY FOR MORE

The stage was set for motivational talks from fun, fearless girls April Cuenca and Natasha Bautista. The secret to their success? The confidence to move freely and to go further—all thanks to Whisper!



It was the perfect day to get inspired.



Now that's one fun, fearless female.



#LifePegs unite: April Cuenca flanked by Cosmo eds Myrza Sison and Jillian Gatcheco.

## GOING FURTHER WITH WHISPER!



### THE WHISPER LOUNGE

This was the perfect place for attendees and guests to sit back, relax, and enjoy the festivities in style. We even spotted Natasha and April on the Whisper couch as they prepared to take the stage for their talks.



### FLIPPING OUT

Photos that move just as freely as you do? Yes, please! Cosmo girls got just that when they took home their personalized photo flip books from Whisper.



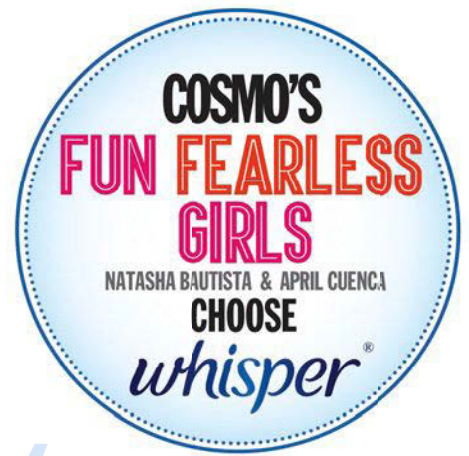
These girls brought their selfie game to the Fun Fearless Flipbooth. Thanks to Whisper, they felt free to give the camera pose after pose.





Freedom comes from knowing that you're protected even on your red days. And Whisper's 12-hour protection allows me to pursue my passions, like traveling.

—April Cuenca, co-founder of FlipTrip.ph

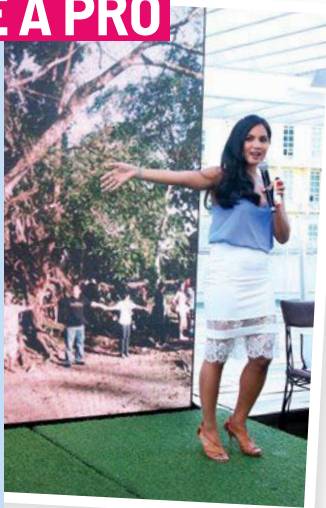


Without worrying about back leaks, going further just got easier, with Whisper.

—Natasha Bautista, Country Manager GrabTaxi

## TRAVEL LIKE A PRO

How does April travel on a budget? She prioritizes must-see places but isn't afraid to live local. This way, she gets more bang for her buck and a more meaningful and authentic experience. Of course, straying off the beaten path can be a little tricky. But since Whisper has her covered, April isn't afraid to take chances and go further with every trip!



## THE ROAD TO SUCCESS

Natasha faced plenty of challenges on her way to discovering her fun, fearless self. But armed with Whisper's 12-hour protection, she was able to move past her worst days and push herself beyond her limits. Now Natasha has never felt more comfortable in her own skin!



Whisper challenged these girls to a yoga pose-off—with a twist!



To win at life like April and Natasha have done, you've got to have the confidence to achieve more and go further—even on days when you've got your period. That's why fun, fearless girls choose only Whisper.

It offers 12-hour protection from back leaks, so you can go from one adventure to another, take on new challenges, and chase your next big dream!



# PERFECTING CREAM WITH PEONY EXTRACT

SKIN GRACED BY A VELVETY PETAL

Admired for its delicate grace and beauty, the peony in the Drôme region of France possesses an extraordinary power: perfection. The L'OCCITANE laboratory reveals its skin-perfecting properties in a formula with an intelligent, natural texture agent that provides optimal hydration for all skin types, transforming the quality of the skin's surface, while enhancing radiance. Left with a velvety finish, skin feels more supple and glows with petal-soft perfection.

**SKIN FEELS INCREDIBLY SOFT AND LOOKS RADIANT 94%\***

L'OCCITANE, a true story.



**NEW**

CRÈME PERFECTRICE  
A L'EXTRAIT DE PIVOINE  
L'OCCITANE  
EN PROVENCE

# L'OCCITANE

EN PROVENCE

Grand Mall, Ayala Center, Makati • Shangri-La Plaza Mall • Alabang Town Center • Ayala Center, Cebu • Rockwell  
TriNoma • Greenbelt 5 • Mall Of Asia • Abreeza Mall, Davao • Newport Mall • Robinsons Place Midtown  
Central Square, BGC • Estancia, Capitol Commons

[ph.loccitane.com](http://ph.loccitane.com)



L'OCCITANE en Provence – Philippines



L'Occitane\_PH



\*Use test on 50 women for 4 weeks.



# FunFearless BEAUTY

Ever Bileña  
Eyeshadow 5  
Shades in Blue  
Happiness,  
P120 for  
palette.

Ever Bileña  
Eyeshadow  
5 Shades  
in Amazing  
Pink, P120 for  
palette.

MAC Eye  
Shadow  
in Beauty  
Market,  
P1,000.

Shiseido  
Luminizing Satin  
Eye Color Trio  
in Punky Blues,  
P1,998 for  
palette.

Max Factor  
Wild Shadow  
Pots in Vicious  
Purple, P445.

Shiseido  
Luminizing Satin  
Eye Color Trio in  
Floracouture,  
P1,998 for  
palette.

Inglot  
Freedom  
System Eye  
Shadow in  
470, P425.

Shu Uemura  
Yaz Pressed  
Eye shadow  
in Matte Vivid  
Yellow, P750.

Mary Kay  
Mineral Eye Color  
in Lime, P330.

MAC Large  
Shader Brush  
#252, P2,000.

MAC Large  
Fluff Brush  
#227, P2,000.

## PAINT THE TOWN

...every color your heart desires.  
Revamp everyday makeup with  
these rich, vibrant hues!



Fun, Fearless Beauty

# News

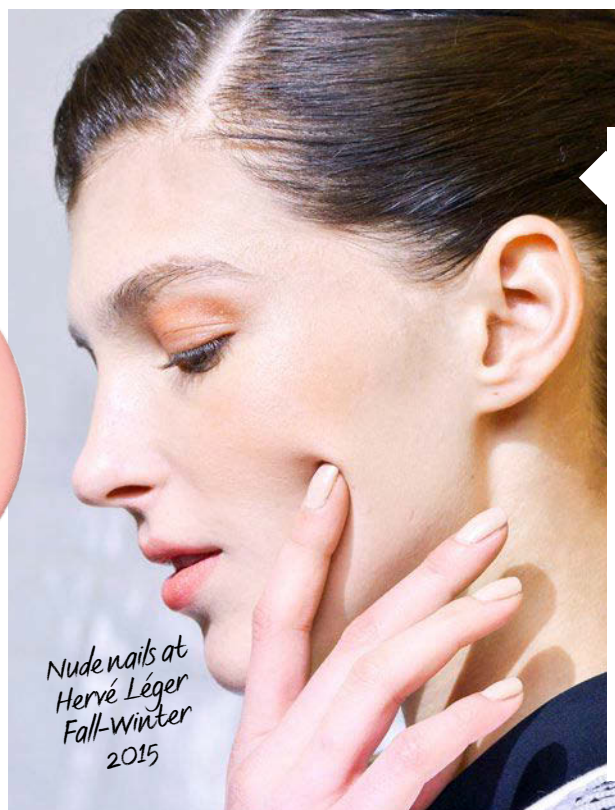
Sally Hansen  
Miracle Gel in  
Twiggy, ₱495.

Orly French  
Manicure Nail  
Lacquer in Sheer  
Nude, ₱385.

OPI Nail Lacquer in  
My Very First  
Knockwurst, ₱645.



Deborah  
Lippmann Nail  
Lacquer in Like  
Dreamers Do,  
₱795.



*Nude nails at  
Hervé Léger  
Fall-Winter  
2015*

## THE (UNDER) STATEMENT NAIL

During Fashion Month, it was plain to see the “no makeup-makeup” trend wasn’t stopping at just makeup. Nails followed suit in the quest to look naturally beautiful. Designers swapped bold colors, nail art, and glitter for a minimalistic approach, with shades of beige, taupe, and flesh colored polish. Think of nude polish as the BB cream for nails—it gives nailbeds that healthy, flawless finish. To sport these chic tips, shop for lacquer like you would your foundation—look for a shade closest to your skin tone.

## MIRACLE LASER

The Belo Medical Group has pioneered some of the latest beauty breakthroughs in the country. Their newest gadget? Picosure—the magical laser that zaps away dark spots, uneven skin tone, scars, signs of aging, and tattoos (as if they were never there). Pressure wave technology uses light pulses (instead of heat like older lasers) to correct skin damage. Pretty pricey starting at ₱15,000 per session, but apparently clients are willing to shell out. Belo received the 2015 World Picosure Award for performing the highest number of treatments per month under a single machine.

**Treatment  
takes less than  
5 minutes—no  
downtime  
needed!**



Benefit They're  
Real! Mascara  
in Beyond Blue,  
₱1,300.

## SO INTO HUE

Benefit re-launches their best-selling mascara and liner with a new array of colors. Play up lashes with **Benefit They're Real! Mascara** in bold blue or keep your look low-key in a neutral brown. **Benefit They're Real! Push-up Liner** is available in wearable colors that are more rich than bold. Shades range from blue, green, purple and brown to match your every mood.



### MERM'S TIP

Overloaded on fragrance? Use a cotton ball dipped in rubbing alcohol or unflavored vodka to remove overpowering scent from skin.

Benefit  
They're Real!  
Liner in  
Beyond Blue,  
Beyond Purple  
and Beyond  
Green,  
₱1,300 each.



(TEXT) MERIAM AHARI (LEAD PHOTO) EDWARD JAMES/GETTY (STILLS) LOUIE AGUINALDO (PICOSURE) COURTESY OF BELO MEDICAL GROUP (NAIL BLOBS & MASCARA SMEAR) JON PATTERSON/STUDIO D.



"LOVE IS AN IRRESISTIBLE DESIRE  
TO BE IRRESISTIBLY DESIRED."

ROBERT FROST, POET

© 2015 Revlon

DESIRE  
IS ON

NEW REVLON  
PHOTOREADY EYE ART™  
LID + LINE + LASH

Dazzle with the latest in makeup  
artistry. Coordinating shadow duos  
with **satin and sparkle** finishes create  
unique, customized eye looks.

OLIVIA WILDE WEARS DESERT DAZZLE.



REVLON  
LOVE IS ON™



# CHEAT SHEET APPLY MAKEUP LIKE A PRO

The Laura Mercier posse consists of 21 artists chosen to represent the brand. Meet one of the elite—

Tayaba Jeffrey—who has worked closely with Laura herself for over a decade. Tayaba schools us on how to achieve the effortlessly chic Laura Mercier look.



## FLAWLESS FACE TECHNIQUE

It's been nearly two decades since the French makeup artist launched her self-titled cosmetic line and made what is known as the 'Iconic Flawless Face' her namesake. In fact, it was Laura Mercier who first introduced primer to the beauty industry. Laura's philosophy is this: Behind every great look is flawless, natural looking skin. The Flawless Face line consists of everything you need to create the perfect base—primer, tinted moisturizer, foundation, concealer and setting powder.

### FOUNDATION



### CONCEALER



### POWDER



**PRIMER** Rub primer between fingers (warming the product) and apply directly onto skin. This creates a 'mistake-proof' surface so skin texture is smooth and makeup lasts all day.

**FOUNDATION** Provides coverage while evening skin tone. Apply onto a sponge, press onto skin and roll away from the face.

**CONCEALER** The highly pigmented Secret Camouflage and Secret Concealer hides under-eye circles, discolorations, blemishes, scars and imperfections. Using the Secret Camouflage Brush, apply feather-like strokes on top of the area you would like to conceal. Then, gently pat the area with fingertips.

**SETTING POWDER** Powder is the key to perfectly finished and long-lasting makeup. The Loose Setting Powder contains little or no pigment, so there's never any caking or discoloration of makeup. Use a powder puff to press powder directly onto skin.



1 Foundation Primer, ₱1,550. 2 Silk Crème Moisturizing Photo Edition Foundation in Suntan, ₱2,250. 3 Secret Camouflage Concealer in #4, ₱1,250. 4 Loose Setting Powder, ₱1,650.





## TIGHTLINING TECHNIQUE

Tightlining gives the illusion of fuller lashes and bigger eyes. Mix three drops of **Tightline Activator** with **Tightline Cake Eye Liner Mix**, until you get a paste-like consistency. Use the **Fine Point Eye Liner Brush** to press product into the lash line.

Tightline Activator, ₱845.  
Tightline Cake Eye Liner in Black Ebony, ₱995.  
Fine Point Eye Liner Brush, ₱995.



## HORSESHOE TECHNIQUE

Use the **Angled Cheek Contour Brush**—designed specifically to contour the cheek bone—when applying blush. Starting at the line beneath the center of the eyelid, follow the natural shape of your cheekbones. The product should be applied in a rounded pattern, creating a horseshoe or U-shape under the iris and blending into the hairline. Important to remember—don't hold the brush straight like a pen. Instead, hold it at an angle to avoid harsh lines. Blush should be applied onto the apples of cheeks—not low on the cheek (under the bone).



## SUNRISE TECHNIQUE

Swipe **Caviar Stick Eye Colour** in Cocoa onto eyelid near the lash line. Blend color upwards using the **Pony Tail Brush**. Aim for a gradient effect—most saturation should be near the lash line. Pigment should become lighter as color rises up the lid toward the brow bone. For a dramatic finish, apply Caviar Stick in Tuxedo in the outer crease and bottom lid—then blend. Makeup should be blended so well it's impossible to tell where the product starts or ends. Dab **Eye Glacé** in Wet Sand using the **Crème Eye Detail Brush** onto lids, pressing shine only onto the center bottom of lid. Then, apply under the bottom waterline for a bright-eyed look.

1 Caviar Stick Eye Colour in Cocoa and Tuxedo, ₱1,250 each. 2 Eye Glacé in Wet Sand, ₱995.



## PAINT WASH LIQUID LIP COLOUR

Finish your look with **Paint Wash Liquid Lip Colour**. This creamy, demi-matte, liquid lipstick stays on all day. Use the brush tip to line and define lips. Pat color onto lips with fingertips or using the flat side of the applicator.

Paint Wash Liquid Lip Color in Petal Pink, ₱1,250.





## LASH LUST

"Mascara is my best friend. I don't wear falsies, but I always try to make sure my lashes look good. My obsession began when my mom gave me a tube of Dior Diorshow Mascara in my junior year of high school. I fell in love!"

Dior Diorshow Mascara, P2,000



## BEAUTY GAL

"Shay Mitchell! It seems like we have the same skin tone. I like observing how she does her makeup so I can learn from her."



# GIRL CRUSH KIANA VALENCIANO

There's more to this 22-year-old singer, host, and fashion blogger ([kianavee.com](http://kianavee.com)) than her famous last name. Here, she dishes on her favorite beauty tricks and tools of the trade.

MAC Blush in Modern Mandarin, P1,400



## PARTY OF THREE

"My *kikay* kit always has my Benefit Boi-ing concealer (the best one I've tried), Benefit They're Real! Mascara, and MAC Blush in Modern Mandarin."

Benefit They're Real! Mascara, P1,300



Benefit Boi-ing Concealer in 3, P1,100



## MOTHER KNOWS BEST

"My mom would tell me: You can pile on as much makeup as you want, but if you aren't a good person, it won't do much good for you."

## AU NATUREL

"I prefer to look natural when I go to events. Unless I'll be onstage, I don't feel the need to apply a lot of makeup. I usually only use concealer, powder, bronzer, eyeliner, and mascara."

Burt's Bees Radiance Facial Toner, P950



Burt's Bees Radiance Facial Cleanser, P850

## SKIN ROUTINE

"I rarely break out now, so I think my skincare regimen works! All of them come from Burt's Bees: I start with the Radiance Facial Cleanser, then the toner, and end with with Acne Solutions Moisturizer."

Burt's Bees Acne Solutions Daily Moisturiser, P1,450





"I KNEW IF I STARTED TOUCHING YOU  
I WOULDN'T BE ABLE TO STOP."

A.K. HÖST, AUTHOR

© 2015 Revlon

SEDUCTION  
IS ON

NEW REVLON  
TRANSFORMING EFFECTS™

The newest temptations for nails.  
Bold glazes and alluring textures  
**instantly transform** your manicure.

MODEL WEARS TRANSFORMING EFFECTS™  
OVER REVLON NAIL ENAMEL IN KNOCKOUT.



REVLON  
LOVE IS ON™



# Fun, Fearless Beauty



**EYECANDY**  
Store shadow in this eye-catching case. Yazbukey for Shu Uemura Custom Case Duo, P500 (shadow refills not included).

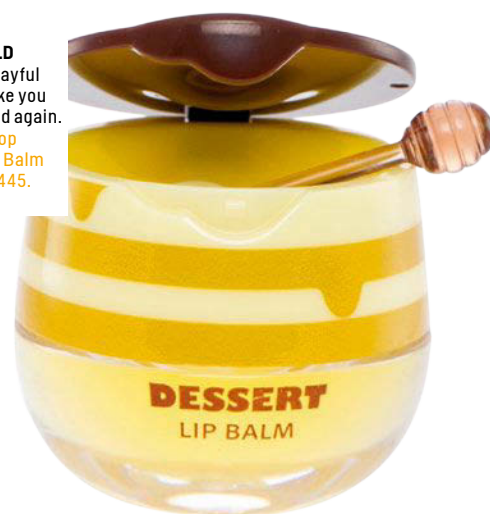


**SPREADING CHEER**  
All day moisture keeps lips grinning from ear to ear. Yadah Lip Tint Balm in Bling Bling Yellow, P250.



**WHATTA B-ARGAN**  
This two-part hair pack provides protection while nourishing damaged locks. Etude House Argan Seed Hair Pack + Hair Serum, P58.

**HONEY CHILD**  
A fun and playful balm to make you feel like a kid again. TheFaceShop Dessert Lip Balm in Honey, P445.



## P500, TOPS!

Look and feel like a million bucks (without paying the price). No buyer's remorse here!

**HELPING HAND**  
Keep mitts soft with nature's natural moisturizer—honey! TheFaceShop Honey Citron Tea Moisture Hand Cream, P295.

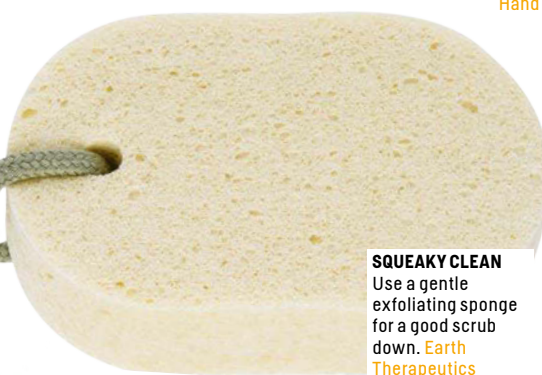


**MELLOW YELLOW**  
Like a mood ring for your pucker, this lipstick creates a custom shade when worn. Fran Wilson Moodmatcher Lipstick in Yellow, P195.



**RAY OF LIGHT**  
Perk up peepers with a swipe of citrine shadow. Revlon Colorstay Shadow Links in Lemon, P278.

**SQUEAKY CLEAN**  
Use a gentle exfoliating sponge for a good scrub down. Earth Therapeutics Natural Cellulose Sponge, P425.



**WALKING ON SUNSHINE**  
Add a spring to your step with canary yellow toes. Art Deco Nail Lacquer in 081, P325.





*eb* ever bilena  
Beauty shines in you

# TOUCH OF Radiance



*Sunshine Cruz*  
SUNSHINE CRUZ  
Model/Actress

A hint of glow goes a long way with these ultimate favorites. Dab **Ever Bilena Face Powder** that helps absorb excess oil and evens out skin tone for that blemish-free finish. For the lips, swipe on **Ever Bilena Shade Lipstick** which provides refreshing lip color.

THE  
SM  
STORE  
BEAUTY SECTION

save more  
MARKET

watsons  
look good, feel great

mercury drug  
look good, feel great

Robinsons  
Department Store

PUREGOLD

Walter  
Mart

eb ever bilena Cosmetics Inc.  
www.everbilena.com.ph  
ALL RIGHTS RESERVED EVER BILENA 2015

f /everbilencosmetics  
@EverBilenaPH  
@everbilenaofficial





Give yourself  
some face time!

# 10-STEP KOREAN SKINCARE

Korean women attribute their flawless complexion to this high-maintenance regimen, but is it really worth the time and trouble?

To this day, I have yet to meet a Korean woman who, one, looks her actual age, and two, doesn't have impeccable, Photoshopped-looking skin. I think we can all agree that Koreans win the gold medal when it comes to smooth and dewy skin. Some attribute this enviable trait to genes, others to the fact that Koreans are taught at a much earlier age than most to take care of their skin. But most notably, Korea is home to the notorious 10-step (or

more!) skincare regimen, an intricate process meant to thoroughly clean, treat, and moisturize skin (using at least 10 products) so skin can regenerate itself overnight—all while slathering on sunscreen, of course!

I've always thought of myself as high maintenance when it comes to my beauty routine (use regimen too much) regimen—my nighttime skincare consists of five products and takes about 20 minutes before I'm ready to hit the sheets. The thought of adding even more products and steps seemed rather exhausting (and expensive). I wondered how badly I wanted the immaculate skin this lengthy regimen seems to promise.

Korean model Hye Won Jang, one of Cosmo's 8 Sexiest Models in 2013,





has an eight-step skincare routine she learned from her mother, who has a 10-step routine. Jang theorizes that luminous Korean skin results not only from a disciplined regimen started at an early age, but also from habits and tricks picked up from other beauty trend-crazy Koreans. "It may also be the food we eat. Koreans are so health-conscious. We love 'eating for our skin'—mostly fruits and vegetables—and drinking barley tea," adds Jang.

Jang also believes taut skin stems from a gentle touch. "I've noticed makeup artists here can be a little harsh in the way they apply or remove makeup, such as stretching the eyelid when applying liner, or rubbing a cotton pad on skin harshly." She uses the cushiony side of her ring finger to lightly pat on products. "And, Koreans love using facial masks!" she adds.

## "I LIKE THAT IT'S SORT OF A RITUAL AND SERVES AS MY 'ME TIME'"

To remove any possible Korean gene beauty bias, I consulted a woman known in the local beauty industry for her HD-worthy complexion, Agoo Azcuna-Benzon, who carries serious beauty street cred as a Unilever Beauty Expert, Brow Guru and former beauty director of *Preview* and *Cosmopolitan*.

The skin devotee isn't Korean (she's Filipina-Chinese) but has sworn by her multi-step process for over 20 years. When I first met her, I was shocked to find

out she was 10 years older than I had thought (she's 38). She was doing something right—I wanted in. I asked her to share her skin secrets with *Cosmo*.

**Your thoughts on multi-step Korean skincare?** The regimen may sound tedious and difficult to maintain, but after a while, you get used to it. I like that it's sort of a ritual and serves as my 'me time' in the morning, and at the end of a long day.

**How did this regimen change your skin?** I've noticed a huge difference. I haven't had to see the derma for facials and my skin doesn't have the usual fine lines, large pores, loss of firmness or pigmentation associated with women my age.

**How many steps are part of both your morning and evening regimen?** I do 14 steps in the morning and 13 at night.

**Take us through your routines.** In the morning, I have four steps for cleansing (oil, wipes, cleanser, and makeup remover). Then, I use a toner, then apply three different anti-aging products (a serum, spot treatment for pigmentation and moisturizer). I follow with three products for my eyes (one for puffiness, one for wrinkles, one for dark circles). I apply SPF, then finish with a primer and face mist. At night, I do the same thing, except I use a mask and don't apply SPF or primer.

**Your favorite products?** I'm such a fan of Pond's Age Miracle line. I especially love the Firm & Lift Eye Contour Lifter. Their BB Cream is another excellent product—I use it every day.

Agoo Bazon swears by her multi-step regimen!



1 Etude House Moistfull Aloe Lotion, P628 2 Etude House Milky You Cleansing Milk, P648 3 TheFaceShop Chia Seed Watery Eye and Spot Essence, P1,195 4 Etude House Pearl Aura Brightening Essence, P898 5 TheFaceShop Chia Seed Sebum Control Moisture Cream, P1,395 6 Tony Moly Aquaporin Moisture Foam Cleanser, P398 7 Holika Holika 3 Seconds Starter Hyaluronic Acid, P535 8 TheFaceShop SMIM Radiating Moisturizing Essence, P1,995 9 Nature Republic Super Aqua Max Moisture Watery Cream, P665

## WHAT IS ESSENCE?

"A highly concentrated formula with active ingredients that target specific skin concerns such as wrinkles or uneven tone." —MS. JIN AHN, INTERNATIONAL TRAINING MANAGER OF THEFACESHOP

aka liquid vitamins for skin!



Holika Holika Forever Wrinkless Berry Magic Lifting Essence, P1,265.



Tony Moly Intense Repair Snail Essence, P2,228.



Laneige White Plus Renew Essence, P2450.

## 10 STEPS TO FLAWLESS

Everyone's regimen may differ according to their skin type or preference, but the basic 10-step skincare typically follows below.

- 1 Makeup Remover
- 2 Cleanser
- 3 Exfoliant
- 4 Toner
- 5 Essence
- 6 Emulsion or Ampoule (aka serums)
- 7 Sheet Mask
- 8 Eye Cream
- 9 Moisturizer
- 10 (AM) SPF (PM) Night Cream

Steps increase when more than one targeted serum is used to treat different concerns.

Some Koreans top off their routine with a sleeping pack to add extra moisture and to lock in all the products they've just applied.



Etude House Play Therapy Sleeping Pack in Firming Up!, P448. Laneige Water Sleeping Pack, P1,400.







ASK MERM

# REVAMP YOUR STYLE

We granted these CGs their makeover wishes. Cop the look you've always wanted with these simple tricks.



*I want...*

## EDGY MAKEUP

**Geraldine Rivera, 25**  
*account manager*

"A dark, edgy lip can still look pretty when paired with dewy skin and minimal eye makeup. I added subtle black liner and one layer of mascara to her top lashes only," says makeup artist Archibald Tolentino.



BEFORE

*I want...*

## NATURAL MAKEUP

**Lois Lane Monterey**  
*18, student*

Lois isn't much of a makeup gal so she's all about the "no-makeup" look seen all over the runways. Tolentino kept her flawless look simple with just five products: BB cream, an eyelash curler, mascara, brow definer, and blush.



BEFORE



GOT A BEAUTY Q? WRITE TO @COSMOMERM ON INSTAGRAM OR TWITTER TO GET YOUR ANSWER IN AN UPCOMING ISSUE.



*I want...*

## BEACH HAIR

**Rasha Hizon, 26**, *sales executive*

Rasha loves the carefree, beach waves of Victoria's Secret models. To get her straight locks wavy, hair stylist Ethan David wrapped sections of hair around a curling iron while leaving the bottom five inches of hair straight. "Rotate the direction of curls—curling toward the face and away—so waves don't look so uniform. Spritz with texturizing spray and run hands through hair," says David.



BEFORE

*I want...*

## GLAM HAIR

**Gev Cuevas, 19**  
*intern*

Snag old-Hollywood hair with a deep side part, curling sections of hair with a one-inch barrel. "Starting above the ear, curl each section toward the front of your face and make sure ends are curled under," says David. Run a fine comb through curls and sweep your mane over one shoulder. Slick back hair on one side and pin at the nape of your neck.



BEFORE



# SHAKE OFF THOSE MID-YEAR BLUES

Get a wardrobe make-over

## Candidly NICOLE

SEASON 2

JULY 24, FRIDAY

7:30PM 

Make lasting memories with friends

## Pretty Little Liars

SEASON 6

WEDNESDAY

3PM VIA SATELLITE  / 8PM PRIMETIME



 [www.facebook.com/etctv](http://www.facebook.com/etctv)  
 [@etc\\_channel](https://twitter.com/etc_channel)

Skycable 16 | Destiny Digital 16 | Signal 9  
Global Destiny 28 | Cablelink 34 | UHF 21  
TM & ©WBEL

 [www.solarentertainmentcorp.com](http://www.solarentertainmentcorp.com)





YOUR HITS  
AND *lite* FAVORITES





# Step Up Your **Sex** Game

YOU UPGRADE  
YOUR IPHONE  
OPERATING  
SYSTEM AND  
UPDATE TO THE  
LATEST VERSION  
OF INSTAGRAM—  
NOW IT'S TIME TO  
LEVEL UP IN BED  
WITH THESE HOT  
HOOKUP HACKS.  
NO ANNOYING  
SPINNING COLOR  
WHEEL  
NECESSARY.

BY ANNA BRESLAW



## 8 TEXTS THAT = FOREPLAY ALL DAY

9 A.M.  
"Can't focus on work. Already obsessed with seeing you tonight."

NOON  
"Hey, remember that time we [insert salacious memory here]?"

2 P.M.  
"So...what's your fave part of my body to touch?"

4 P.M.  
"I'm so distracted at work, and it's all your fault."

6 P.M.  
"Next time I see you, once isn't gonna be enough."

7 P.M.  
"I'm lying in bed in just my panties. What would you do if you were here?"

9 P.M.  
"Well, I guess I'll just have to take care of myself."

9:05 P.M.  
"Oh, you're outside the door? Be right there!"

# Upgrade Your Naughty Toy Drawer



### NEXT-GEN CONDO

A truth universally acknowledged: Condoms are necessary but can be a bummer. Upgrade to these: all-natural and—oh, right—thin as hell.

L. CONDOMS, thisisl.com

### RABBIT 2.0

No bunny ears, no problem. Toss your O.G. rabbit, and splurge on this one (at far left). Its "waving" motion is meant to simulate a finger on your G-spot, but its stubbier part (ears!) gives your clit some love too.

LELO INA WAVE, lelo.com

### LUXURY LUBE

A pure, simple blend of silicone and vitamin E that stays wetter longer. No midcoital reaching for the nightstand drawer with this silky-feeling fave.

ÜBERLUBE, uberlube.com

### HOTTER HANDCUFFS

The 2015 way to kinky a standard bang sesh: electric sex. The finger pads are your clit's BFF, featuring both regular vibration and gentle electrostimulation. How *Fifty Shades* of you!

HELLO TOUCHX, jimmyjane.com

### BETTER BULLET

Meet the Ariana Grande of toys: small and adorbs but packs a serious punch. The twist? It comes with a handy finger ring, so it'll never slip your grip when you're getting busy with yourself.

KINKI STIX BULLET, adameve.com

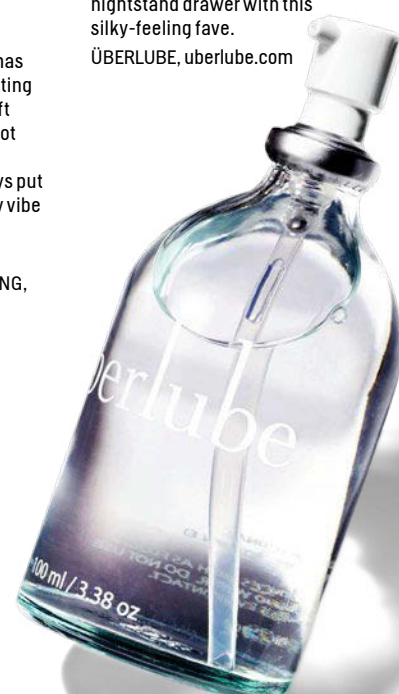
### RACIER RING

Your current version has only one vibration setting and a tendency to shift around his shaft (so not clit-friendly), but this deluxe penis ring stays put and has seven snazzy vibe patterns.

OHMIBOD LOVELIFE SHARE VIBRATING RING, babeland.com

### + MOREPLAY

Chances are, he slips a finger in the front of your lacey undies. Change it up by guiding his hand into your thong from behind—a fresh new twist on a classic fondle.







**+ MOREPLAY**  
Gently twist your hand around the head of his penis, like you're opening a doorknob. The swirling sensation feels better than up-and-down. Behind door number one: his eternal gratitude.

# Position Ignition

REIMAGINE YOUR GO-TOS IN BOMB NEW WAYS—AND NEVER BE BORED IN BED.



UPGRADE  
REVERSE COWGIRL

## THE STROKE SHOW

While giving him a VIP view of your butt, use that control for shallow strokes. They stimulate the sensitive front third of your vag (nearest the opening). Once you're close to the finish line, go deeper.



UPGRADE GIRL-ON-TOP

## THE WILD SEX MARE

Ramp it up by leaning back on your elbows and hooking your legs over his shoulders (not as hard as it sounds, really). Then raise your butt slightly so you're hovering as he thrusts. G-spot action + easy clitoral access = sex win.



UPGRADE  
MISSIONARY

## THE G-SPOT MISSIONARY

Stack a couple of pillows under your butt, and put your feet on his shoulders. It's a souped-up angle for G-spot stimulation...and an ab workout, because #Multitasking, bitches.



UPGRADE  
DOGGIE-STYLE

## THE FREAK ON A LEASH

Enhance the old standard by having him grab a pashmina and wrap it around your hips—he can use it to pull you closer. Who knew your *tiangge* scarf doubles as a sex prop?

UPGRADE YOUR  
SEX-TERTAINMENT

### YTU MAMÁ TAMBIÉN (AND YOUR MOTHER TOO)

"Nobody should have to choose between watching Diego Luna and Gael García Bernal have super-enthusiastic sex. This movie has both. So tight."

—STACY R., 28\*

### L'AMANT (THE LOVER)

"A beautiful young French girl and an older (hot) Chinese businessman fall in forbidden love: Think a French *Fifty Shades*."

—ELLE J., 30

### CW'S THE ORIGINALS

"I know vampires are done, but the whole 'biting and sucking your neck' thing? I love that."

—VICTORIA K., 22

### ATONEMENT (film adaptation)

"James McAvoy, period costumes, a dimly lit library, James McAvoy...um, this is anonymous, right?"

—NATALIE W., 24

### A SPORT AND A PASTIME, by James Salter

"My boyfriend and I read it out loud to each other. We're dorks, but it works."

—JULIE B., 27

\*NAMES HAVE BEEN CHANGED TO PROTECT THE KINKY CONSUMERS



**+ MOREPLAY** Usually get oral with your legs spread like a cheerleader mid-herkie? Intensify your O by stretching your legs straight out, stimulating the pelvic muscles you use to climax. Go, team orgasm!



*She's got a pony  
and she's gonna  
ride him!*

# SO, I WAS THINKING WE COULD TRY...

Cheat on your man with...your man! Here are a few tricks to make your next time feel like the first time.

**W**e've all been there: You're with your BF (whom you love) at a party when you spot a hottie you can't keep your eyes off. You imagine him grabbing you into the coat room for a splendidly delicious quickie. Don't feel bad—it's perfectly normal to crave someone, ahem, something new. Research has shown that women are more likely to be turned on by a stranger or unfamiliar partner the longer they are in a relationship. Now, we're not saying you should go out and cheat, but getting a little strange is OK—and by strange we mean indulging in something you've daydreamed about.

(TEXT) LORA SOMOZA (PHOTO) CADU MAYA



## A HANDSOME STRANGER?

OK, the good news first: This can be incredibly exciting. You feel hot and naughty, like you're getting away with something. The bad news? You could actually get caught and not get away with it at all. OMG! The trick is to choose your location wisely and come prepared, so to speak.

You can play it safe with some booty in the bathroom at a party or nightclub. While everyone else is enjoying their drinks, you're enjoying a quickie in the ladies' room! If you're the outdoorsy type, think more secluded areas like parks, hiking trails, and campsites. A deserted beach is great right after sunset or before sunrise (read: no kids). Put a twist on backseat bumpin' by posting up on the top floor of a parking structure. Up the ante and do it on top of the hood instead of in the backseat. Department store dressing rooms and the back of movie theaters are always popular. But if you're really feeling adventurous, visit your honey on his lunch break, lock his office door, and enjoy an afternoon delight.

Wherever you choose, keep a few things in mind: This is not the time for a lot of foreplay. Get in, get out, and no one gets hurt. Always carry a blanket, a mini vibrator, and lube. You never know when the mood or opportunity may strike. Next, dress the part. Don't wear anything that takes too long to take off or put back on. Skirts are preferred, panties are not. And try to keep it down because you don't want anyone to hear you but you certainly want to be able to hear them. And for the love of all that's holy, don't drink too much and try to bone outside. Folks that get arrested for lewd behavior are also usually drunk.

## A NEW ADDITION

According to a recent study, we horny humans spend \$15 billion a year on sex toys. So every couple should think about adding some sex-cessories to their bedroom, especially because 70 percent of women need clitoral stimulation to get off. So what's hot? The We-Vibe 4 Plus is. It's a "couple's vibrator"

that fits snugly over your clitoris and up to your G-spot while your dude also enjoys the vibe. Bonus? It's now an app! He can send you "good vibes" while he's away! Also just hitting the market, manufacturer JimmyJane is replacing the "big daddy" Magic Wand with its own Iconic Wand. This bad boy is quiet, handheld, waterproof, and rechargeable. And if you're looking for something for your backside, Fun Factory has a delightful little plug called the Bootie. It's a perfectly flexible butt plug for beginners that will get you aroused but is still really comfortable. And speaking of...

## THE FLIP SIDE

To butt or not to butt...that is the question. More couples have been saying yes! According to a CDC study, 36 percent of women and 44 percent of men surveyed reported having anal sex at least once. So if you're curious, you can try a few things before anyone comes knocking on your backdoor.

Finger massage is a sensual way to get started. You or your guy can gently massage around your anus in a slow, circular motion with lube. You can return the favor if he's game.

Tongue play, or anilingus, is not for everyone, granted. But if you're up for it, you're both in for a world of intimate hotness! Start by taking a shower together. You'll both feel more confident with all your parts nice and clean. The giver should then use his or her tongue in a flat, up-and-down, sweeping motion, but also incorporate breath, very light teeth, fingers, or toys.

When using toys and fingers, use lube generously. Your anus is not self-lubricating, so use more than you think you need. Your butt will thank you.

If you decide to go full enchilada, the key is to stay relaxed. In fact, ideally, have an orgasm first! And anything going in you, be it finger, toy, or your man, should enter like a teapot pouring tea. Tipping and entering slowly, at a slight downward angle. Now teatime will take on a whole new meaning!

**I never  
thought I'd  
like this  
BUT...**

"ONCE I WAS WITH A GUY WHO SUCKED MY BIG TOE. HOLY CRAP, IT FELT QUASI-ORGASMIC."

—TAMMY

"MY PARTNER DECIDED TO SPICE IT UP BY GENTLY PLAYING AROUND MY ANAL AREA. IT WAS FILTHY AND I LIKED IT!"

—LORI

"I HAD NEVER TRIED BDSM BEFORE. IT TURNS OUT I REALLY ENJOY BEING TOLD WHAT TO DO."

—SUSANNA

"MY HUSBAND SET UP A THREESOME WITH A SINGLE GUY WHO WANTED TO BE WITH A COUPLE. IT WAS AMAZING!"

—WENDY



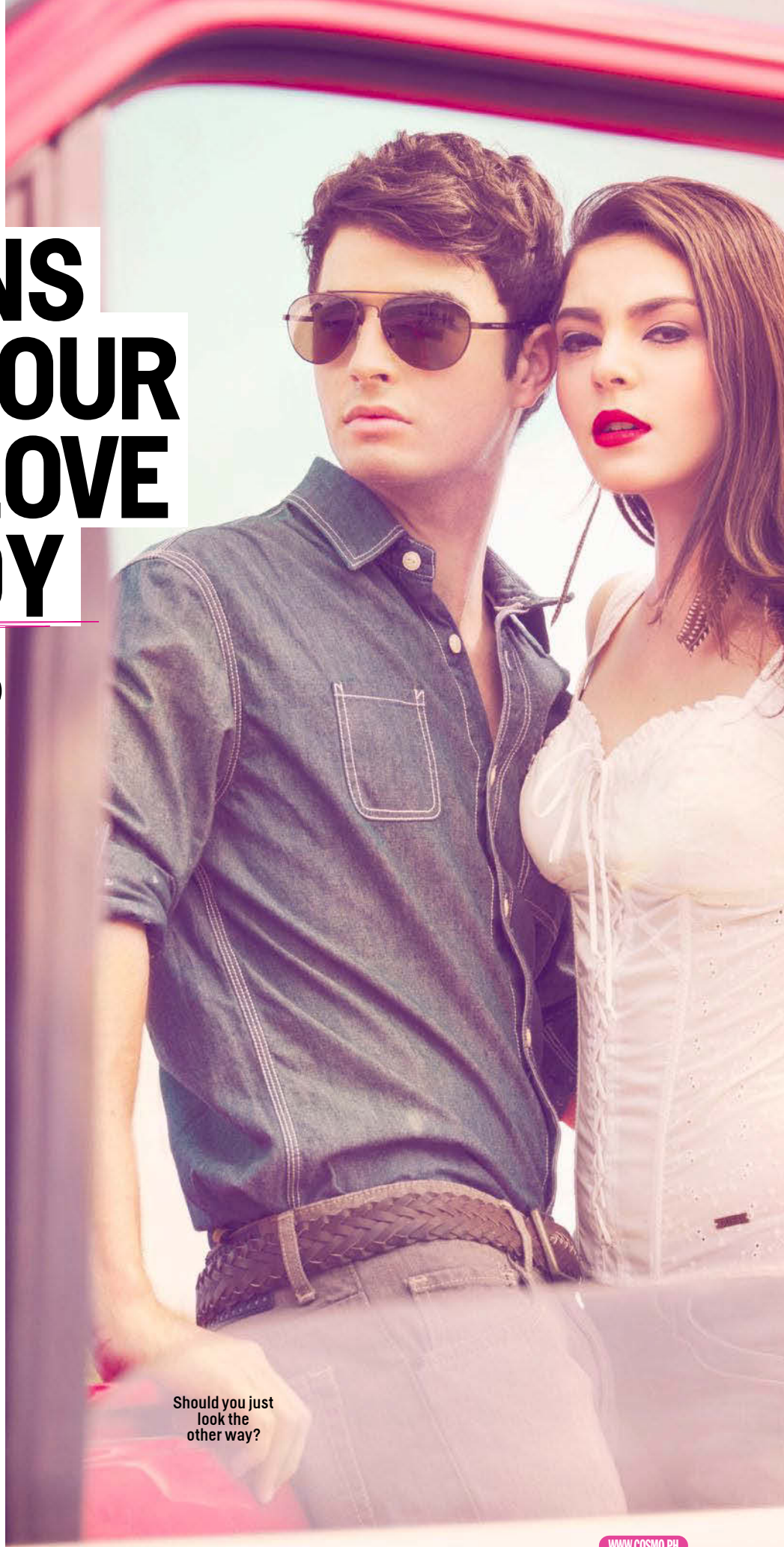
# WHAT HAPPENS WHEN YOUR GREAT LOVE ALREADY HAD HIS GREAT LOVE?

Their love spanned oceans. Her desire to make the world a better place tore them tragically apart. And then, uh... he started dating me.

ON MY FIRST date with Greg, he mentioned almost immediately that he'd recently ended a yearlong relationship. His ex, Jenna (not her real name), had gone to Thailand with the Peace Corps, and they'd mutually decided it was easier to end it than attempt long-distance. "It was really hard," he said. "One of the hardest things I've ever had to—"

I flagged down a bartender. "Um, can I get another drink, please?"

Should you just look the other way?





## “IT WAS ONE OF THOSE JAMES DEAN RELATIONSHIPS THAT DIED TOO YOUNG AND BEAUTIFUL.”

DESPITE MY misgivings, the first date gave way to a second, a fourth, then countless. The more I grew to like Greg, the more the nature of his last breakup bothered me. Unlike your garden-variety “we don’t have sex anymore; give back my T-shirt” breakup, he and Jenna were still in love when circumstances tore them apart. It was one of those James Dean relationships that died too young and beautiful. For the next girlfriend—me—it was a hell of an act to follow. Jenna haunted our relationship for the next few months. She was in his Facebook profile photo, smiling with him in a pumpkin patch (he hardly used Facebook and there were other people in the photo, but still). They Skyped all the time. Eventually, I got so sensitive about Jenna that when Greg spoke fondly of her, it felt like a veiled criticism of me. For instance, when he mentioned that Jenna “genuinely cared about people,” I felt like he was saying I didn’t genuinely care about people. As in, every minute I’m writing for a magazine is another minute I’m not doing something Truly Altruistic, like training a seeing eye dog. I worried that Greg thought he had downgraded from Mother Teresa to Lauren Conrad.

BUT THE THING WAS, I was attracted to him *and* I really liked him. When we had debates about things like Twitter’s effect on society, he found me challenging rather than argumentative...even when it ended with my informing him that handsome straight white men aren’t allowed to have opinions on society. I’m sometimes absentminded when I’m engrossed in work, and he started sending me midday texts like: “Did you eat?” Irritatingly, the qualities I liked so much in him—being open, wanting to

share stuff with me, seeing the best in people—were the reason he said nice things about Jenna. He wasn’t being inconsiderate on purpose. He was just a good dude who has positive feelings toward his exes.

Four months into our relationship, Greg met my mom. It was the first time I’d ever introduced a guy I was dating to her, and she liked him a lot. At her house, I asked Greg offhandedly if Jenna knew about me. He shook his head. “We promised not to talk to each other about other people,” he said casually. I froze, furious and embarrassed, tears welling up in my eyes. He was the first guy who’d ever met anyone in my family, and he wouldn’t even tell his ex-girlfriend that I existed. I shut down and became icy. On the ride home, I started to cry. A big part of me wanted to run now, rather than settle for a relationship where I would always feel like the lackluster sequel to a Nicholas Sparks movie, but another part knew that would be jumping the gun and potentially wrecking something really good. I took a deep breath and said: “I want you to tell Jenna about me.”

His response was calm and crazy-making in a way only a guy can be. He said, “I just don’t see why you’d want me to hurt her for no reason.”

GUILTY, I ACQUIESCED. But the next day at work, I reconsidered. I wrote him a long e-mail, my hands shaking. I

told him I thought the fact that he would rather hurt me than hurt Jenna was telling and that he might want to reevaluate how over her he really was.

He met up with me after work. After I’d sent my e-mail, he had Skyped Jenna and told her that he was in a serious relationship. It was a two-hour conversation. They had both cried and said they’d always be in each other’s—I held up my hand. “Stop there, okay? Great.”

“When Jenna and I started dating, we both knew she was leaving. Did I tell you that?” he asked me. (He hadn’t.) “I knew there was a time limit. That was part of why I dated her.”

This reframed things for me. *Romeo knows Juliet’s gotta peace at the end of the year and he ultimately doesn’t love her enough to follow her to Thailand* packs much less of an emotional punch.

“So you’re saying if you loved her enough you’d have gone with her?” I asked, just to be sure. He thought for a minute and looked me in the eye. “Yeah. Definitely.”

Now that we’ve been together for a year, a lot of my apprehension around Jenna has faded. Maybe their relationship was James Dean, but ours is Michael Fassbender: equally exciting and sexy but with more adult maturity, more depth, and very much alive. ■



Your Guide to the Male Brain

# manthropo

TALES FROM THE CRISPER

## DECODE HIS REFRIGERATOR

Eggs? Milk? A severed head? Looking inside a guy's fridge is like looking into his soul.

### One Sriracha Bottle

Props to the Harvard of hot sauce, but an empty fridge means he uses it only on takeout. Lazy hipster much?

### A Six-Pack and a Pizza Box With Leftover Crusts

The imbalanced diet of a seventh-grade boy. Close your eyes in his bathroom.

### Copious Ground Beef and Sausage Casings

Makes his own kielbasa? Total alpha male.

### Chanterelle Mushrooms, San Pellegrino, and Gourmet Cheese

He's either loaded, mildly pretentious, or both. Make clear you are not his Eliza Doolittle.

### A Box of Random Community-Sourced Veggies

The dude had to learn how to cook a radish and other obscure weeds he gets stuck with every week. He's resourceful! Bodes well for banging.

### Gluten-Free Bread, Low-Fat Mayo, and Soy Cheese

It's awesome that he eats clean. But how long can you stand a dude who thinks a charcuterie plate is worse than freebase cocaine?

IN JENNERAL

## 3 THINGS BRODY JENNER WANTS YOU TO KNOW ABOUT SEX

KEEP IT HOT, PEOPLE!



### DON'T BESHY

"My girlfriend and I both wanted a threesome but were scared to mention it. She finally suggested it, and when we tried it, it was awesome!"

### TOUCH YOURSELF

"If you want sex and he doesn't, start masturbating—in front of him. Sounds crazy, but it will turn him on. It's happened to me, and it's worked."

### SEXTOYS ARE COOL

"Some guys get offended if you bring them out, but explain that it's not that he's not good enough. It's just another way to make you orgasm."

JENNER'S NEW SHOW, *SEX WITH BRODY*, PREMIERES JULY 10 ON E!

(TEXT) ANNA BRESLAW, JOSH GONDELMAN, ALAN HANSON, GABRIEL EHRWITZ (PHOTOS) (REFRIGERATOR) GETTY IMAGES, (JENNER) EREX FEATURES, (MAN SLEEPING) SHUTTERSTOCK



# logy



RIP MAN WINKLE

## WHY DO GUYS... SLEEP SO LATE?

Guys love sleep because for a few golden hours, we're off the hook. The worst things happen when you're awake: traffic, root canals, your boss yelling at you, having to do laundry. In bed, we're free from the responsibilities and inconveniences of the waking world.

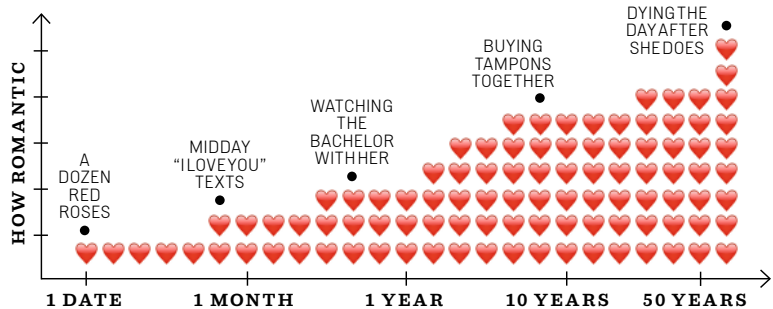
Really, there's no good reason to wake up early. Why be tired all day so you can beat the rush at the organic market? Is someone throwing a birthday party at 7 a.m.? That literally never happens. Plus, brunch was invented so we could eat pancakes in the afternoon—it's our obligation to honor that. If you're one of those perky types who wants to watch the sun rise, why not wait 12 hours? It looks the same when it's setting.

Most guys will emerge from hibernation for something really exciting—a road trip, for example. Men and women both love road trips, as you know if you've ever seen *Crossroads* or *The Hangover*. Some guys, I've heard, can be motivated with morning sex. But if you want to do the nicest possible thing for your boyfriend, let him stay in bed. Please don't wake him up just to keep you company. You wouldn't bring someone along to the LTO just because you have to go there. Waking up early is the LTO of being alive.

DARWINIAN DATE NIGHT

## THE BOYFRIEND'S "ROMANCE" EVOLUTION

Once he's seen you sans makeup and you know each other's pooping habits, what does he consider romantic? The answer may surprise you.



DADDY ISSUES

## GUYS SPILL: THE BEST DATING ADVICE THEIR DADS EVER GAVE THEM

Do fathers really know best? In honor of dads everywhere, we investigate. Spoiler: mostly.



"Lock the bathroom door. Nothing kills romance like your girlfriend seeing you on the toilet."

—ADAM M., 23



"If a woman asks you how old you think she is, always say 25...within reason. If they're younger than 25, they want to feel older, and if they're older, they want to feel younger."

—TIM B., 25



"It's okay to masturbate. Don't let anyone tell you otherwise."

—WILLIAM T., 30



"The best relationships begin when you're friends first and it turns into something more."

—JORDAN W., 23



"Don't be a douche bag."

—JACK P., 23



"Martinis are like breasts. One is not enough, and three is too many. Two is perfect."

—BRIAN K., 31



"Sex is a lot of fun and everybody does it—birds, bees, cavemen—but it's the best when it's with the right person. Then it really means something."

—ZACH B., 24





## HIS POINT OF VIEW OUR REAL #LIFEGOALS

Our definitive answers to 'What's your plan?'—and where you fit in.

What do we want to be thirty, forty years from now?

It sounds suspiciously like a question from a networker ("*Gusto mo bang yumaman?*") It's a toughie. To protect their sanity, some guys' horizons are less "endless vista," and more "I hope I survive to next *sweldo*."

But believe us, the future is definitely something do we think about. That, and how you fit into it. Because whenever we think about our future, we can't imagine it without you. (#AngLagkit.)

### 2 WEEKS FROM NOW

#### A Nice Date

We will resist the temptation to spend our paycheck on a video game, and take you out to a nice resto instead. You know, the ones where the two of us don't have to line up behind the counter. Who knew that these kinds of places actually existed, right!? The world is so amazing.

**HOW YOU FIT IN:** We'll finally be able to treat you! Just like on our very first date. (Which never happened again afterwards.)

### 2 YEARS FROM NOW

#### Auto of Our Own

In three years, the entire world will be coasting around in sustainable hovercars that run on morning dew, and we will finally have saved enough money to buy one and pick you up for dates.

**HOW YOU FIT IN:** Finally, a set of wheels you won't be embarrassed to be seen in.

### 4 YEARS FROM NOW

#### A Condo To Call Home/ Wild Party Place

Welcome to our crib. Granted, our 'furniture' is entirely Monobloc, and Tita Meling hasn't made good on her promise to donate her spare electric fan, so you could say accommodations are a bit sparse. But we're proud of it all the same. All five square meters of it.

**HOW YOU FIT IN:** With living space that tiny, we'd be surprised if you could even (literally) fit in. But we will find a way to make room.

### 5 YEARS FROM NOW

#### Viral-Level SDE

'Yung tipong Iya Villania-Drew Arellano level. (Or Maggie Wilson-Victor Con-sunji.) 'Yung tipong lalabas pati sa Cosmo.ph, and they'll use sentences like "It's ~everything~" or "All the #feels," and will inspire comment threads ten times longer than your gown's train. That's how awesome our wedding will be. Now to beg for some money from your parents.

**HOW YOU FIT IN:** You're walking down the aisle, looking radiant. We're tearing up just thinking about it.

### 8 YEARS FROM NOW

#### Trip Around the World

No more vacations to Novaliches for you and me! In fancy chino shorts, utterly redundant scarf, and, most importantly, no socks, we will lead you by the hand to countries we've only read about in travel blogs, like Bhutan, or Tanzania. We'll speak two foreign languages frequently, and when we do get lost in the trains, we'll chalk it up to just another adventure in the continuing saga of us.

**HOW YOU FIT IN:** If one of our seats gets bumped up to Business Class, we'll gallantly let you take it.

### 19 YEARS FROM NOW

#### Peg: Hugh Jackman

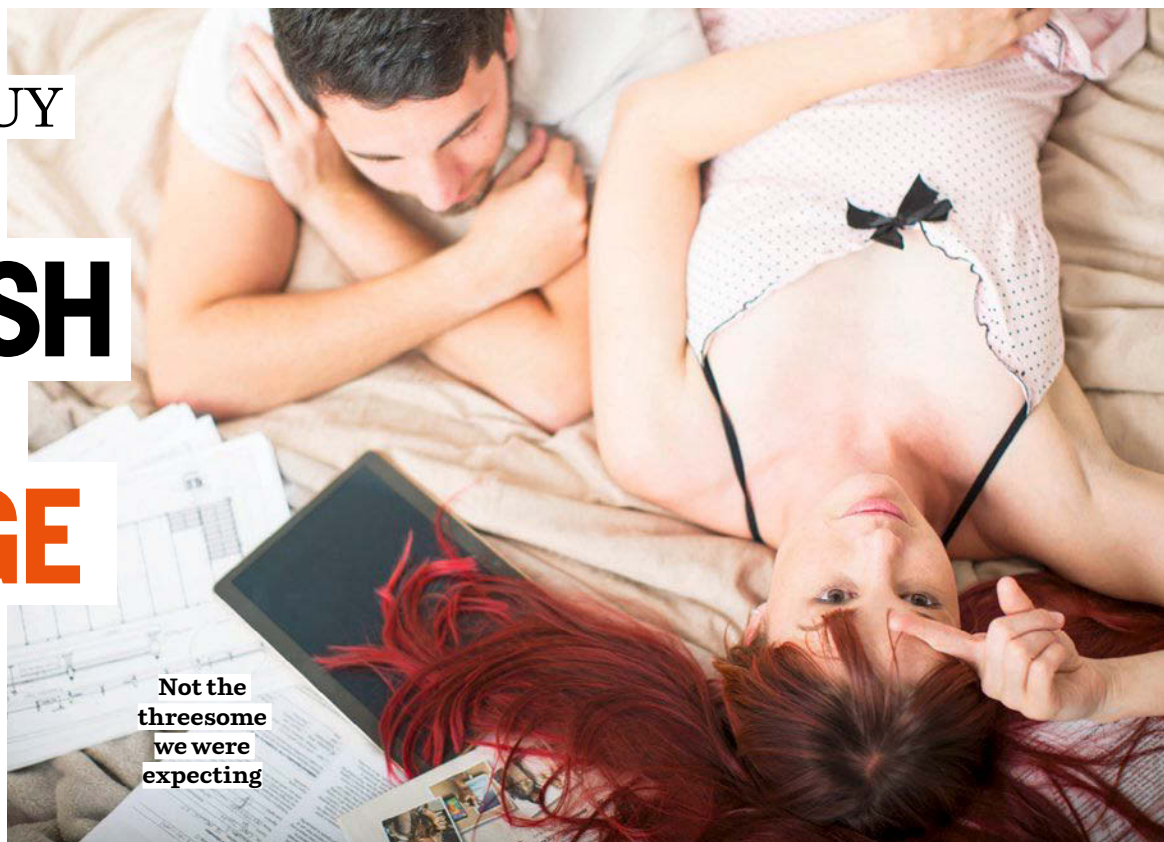
When we're in our mid-forties with two kids, it wouldn't be half-bad if we looked like Hugh Jackman, who can lift three times our body weight (and look like he hasn't eaten a carb since he made the first X-Men movie). Now that's a dad bod we can get behind.

**HOW YOU FIT IN:** We'd love to be your trophy husband.



# FOR YOUR GUY WHAT WE WISH YOU'D CHANGE

In the interest of self-improvement, here's our humble (and honest!) opinion.



Not the  
threesome  
we were  
expecting

Yes, we'll always be the first to say it: You're never supposed to be in a relationship with someone with the hopes of molding them into your vision of perfection. Dudes be human, after all, and we're meant to love you, despite the little things that annoy us. But really, you wouldn't take it against us if we just gave you just a tiny little nudge in the right direction, right? Maybe you'll even thank us for it.

**1 YOUR INFERIORITY COMPLEX.** So what if your best friend's already bought his own condo? Who cares if your little brother has already traveled to Europe and you can barely afford to gas up your car? We get that your innate competitiveness and millennial insecurity don't mix well (didn't you hear us going on and on about our cousin's huge rock of an engagement ring?) but when it's crippling your drive

to succeed on your own terms and on your own time, we think that's a darn shame.

**2 YOUR ESSENTIALS, MORE OFTEN.** Do you know why women invest so much in pricey underthings? Because they look and feel good. Maybe if you stopped wearing those bacon briefs and the socks you've had since high school PE, you'd feel a lot better about yourself, too (see Number 1). Yes, they're comfy AF, but those graying bits of cloth say more about you than your pricey Air Max sneakers or designer watch.

**3 YOUR RELIANCE ON "OKAY LANG."** We ask you anything and the answer is a shrug and these maddening words. We know you're speaking your mind (sometimes, the only appropriate answer really is "okay lang")

but surely there's more going on in there? How about warming up to the topic a little by offering a stronger opinion or a funny side *kuwento*? Keep this up and pretty soon we'll start thinking you're just okay *lang*, too.

**4 YOUR WHAT-MIGHT-HAVE-BEENS.** You guys have the unique ability to simultaneously be wary of the future and depressed by the past. Yes, you totally could've made your college varsity team if you hadn't sprained your ankle. Yup, we believe you when you say that shifting courses was a mistake. Uh-huh, maybe if you didn't get back with your ex the *n*th time you would've stayed friends. News-

flash: stop troubleshooting where you went wrong. Whatever you did, got you here, and we kinda think "here" is a pretty good place to be.

**5 YOUR BATHROOM HABITS.** Unless you're that rare breed of male who detests dirty bathrooms with the spirit of a tetchy grandma. Please, please do not be comfortable with haphazardly hung towels, blobs of spit-out toothpaste on the sink, damp toilet seats, and clothes on the floor. Kindly stash away those dog-eared *FHMs*. Please become friends with Mr. Lysol. Maybe we'd actually give in to that shower fantasy of yours if you set the scene right.

**WE ASK YOU  
ANYTHING  
AND THE  
ANSWER  
IS A SHRUG  
AND A  
MADDENING  
"OKAY  
LANG."**



## ASK HIM ANYTHING

ADVICE FROM  
COSMO'S VERY OWN  
GUY GURU



**Q I'm secretly dating my coworker, and we're really into each other. Should one of us leave our job if we start getting serious?**

**A** Falling for a coworker doesn't just happen on *The Mindy Project*. First, check your company rules. Some offices ban it when one employee reports to the other—so if one of you is the boss, someone might need to start job hunting. But before you go there, ask yourself: Do you see your romance making it in the real world—or are the flirty Snapchats just fun for now? Spend more time together outside work and try to find out. Unless you get real-deal committed, leaving your job is a crazy-big sacrifice.

**Q I wasn't in the mood for sex and my boyfriend was, so he asked if I would show him my boobs and talk dirty to him to help him get there. Uh, should I really be providing masturbation inspo?**

**A** Don't do anything you don't want to do. That said, this isn't the most abnormal ask. He's really just offering up a compromise. "I want you. How about at least some visual stimulation?" On the bright side, he'd rather fantasize about you than a porn star.

**Q I just started seeing a guy, and my birthday party is coming up. Inviting him means he'll prematurely meet my friends and family. Not inviting him seems rude. Help!**

**A** Don't try to hide the party or your anxiety about it. Just be honest and get ahead of the problem. Tell him it feels like a little bit too much, too soon to introduce him to everyone in your life. He should get it, because it's a pretty common-sense reaction. He might even feel the same way. Tell him you'd rather celebrate with him one-on-one.... He should RSVP to that party, stat.

(TEXT) LOGAN HILL (PHOTO) NICK ONKEN



INSPIRING



20



ENGAGING



IGNITING



20 YEARS OF  
FUELING YOUR  
PASSION



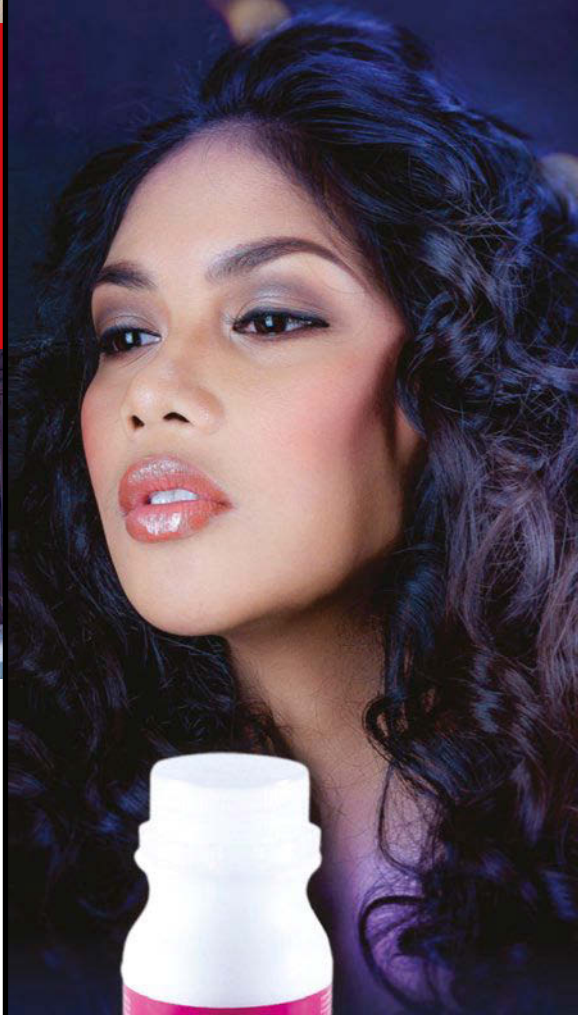
#PASSIONON

WWW.SUMMITMEDIA.COM.PH

MonieA<sup>®</sup>  
SALON PROFESSIONAL SERIES

Sexy CURLS  
for a sexier  
YOU.

Intensifies curls....  
Defines waves.



[www.facebook.com/JTomasCollections](https://www.facebook.com/JTomasCollections)



[www.jotocogroup.com](http://www.jotocogroup.com)

Available in: Watsons, Landmark Department store  
and Mercury Drug convenience store.



LEGIT FASHION. LEGIT DESIGNS.  
LEGIT TALENT. LEGIT JUDGES.



*project*  
**RUNWAY**  
P H I L I P P I N E S

SEASON 4

SUNDAY 8PM



[www.facebook.com/etctv](https://www.facebook.com/etctv) | [@etc\\_channel](https://twitter.com/etc_channel)

Skycable 16 | Destiny Digital 16 | Global Destiny 28 | Signal 9 | Cablelink 34 | UHF 21

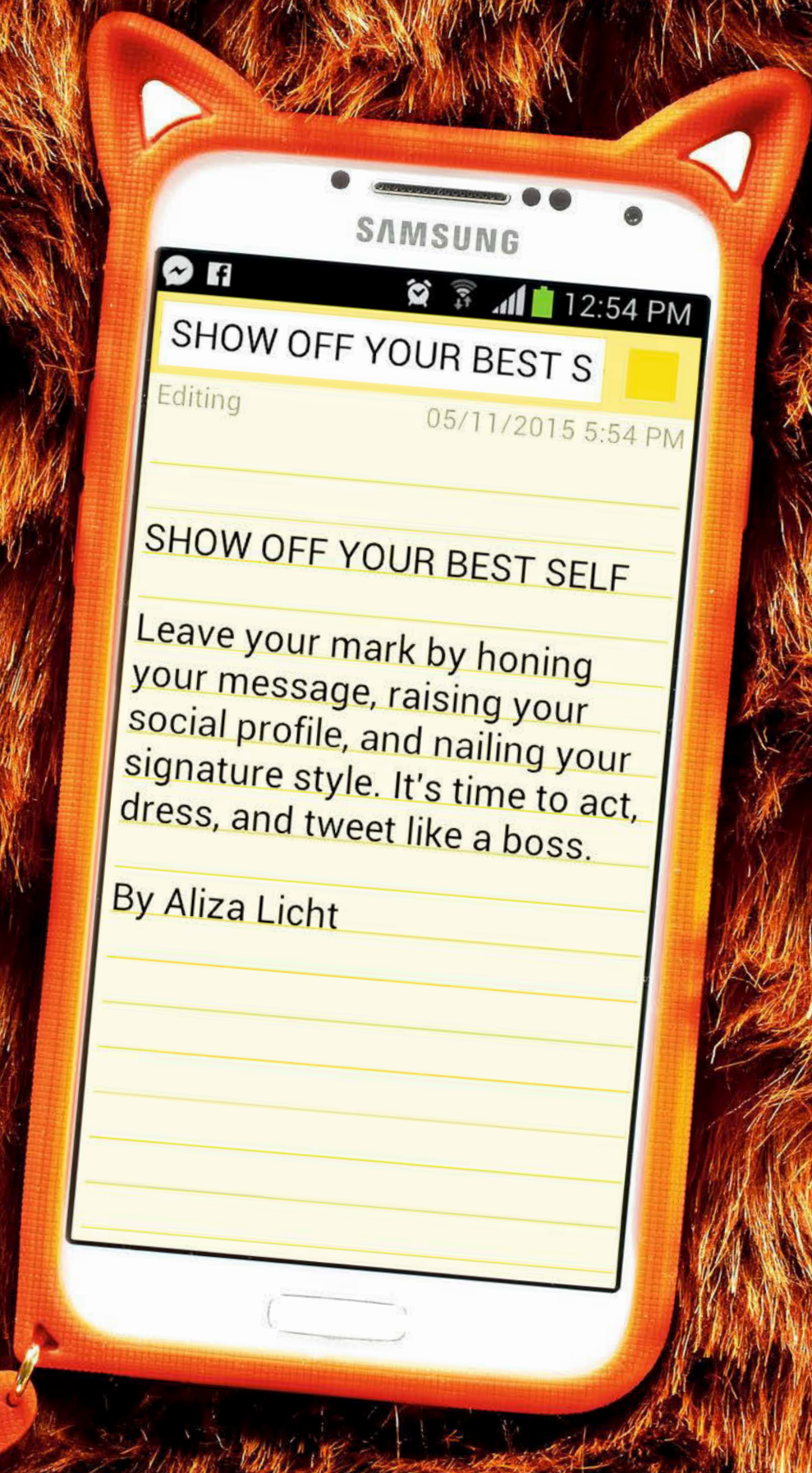


[www.solarentertainmentcorp.com](http://www.solarentertainmentcorp.com)

©FremantleMedia 2015. ©SolarEntertainmentCorp 2015.

Be part of the conversation with #prponetc is #sewlegit







# HI, I'M ALIZA LIGHT. IT'S GREAT TO MEET YOU. WELCOME TO MY CAREER CRASH COURSE.



**INSIDER TIP**  
**Post a quote.**  
**People love**  
**to be**  
**inspired.**

As DKNY PR Girl, the voice behind @dkny on Twitter and the SVP of Global Communications at Donna Karan International, I have had the privilege of sharing my insider views on the glamorous, and sometimes *not so glamorous*, world of fashion in 140 characters or less.

Whether I'm tweeting about Oscar gowns that have gone missing at LAX or the ridiculous fashion-show ticket requests that come into my in-box, my tweets offer a juicy behind-the-scenes peek at fashion through the lens of public relations. But something interesting happened since I started DKNY PR Girl in 2009: Social media has also become a vehicle for me to mentor.

Take this example of a blogger named Jenna who I got to know through Twitter. She direct-messaged me one day asking if she could e-mail a few questions. She told me that she worked at an artificial turf manufacturing company but she loved fashion. I responded by simply writing, "Call me."

I had a lot of advice, and the bottom line was that if she wanted to break into fashion, she needed to be in New York. *Sigh*. I knew Jenna hung up the phone with a heavy heart and a swirling head.

Months later when Jenna called again and told me she'd packed up and moved to New York, I couldn't help but be impressed. She had taken our conversation seriously. She was hungry.


Jenna had been working at a PR agency in New York for six months when I started a search for a new assistant. Since I was looking for someone socially savvy, I asked the applicants to apply on DKNY's Facebook page. We received 300 applications, including one from Jenna. People treated the process like they behave socially—very casually. But they shouldn't have. I wanted to see if the applicants were savvy enough to know how to switch between social talk and professional communication. Jenna intuitively knew the difference. After a long, drawn-out process, Jenna was the one. One tweet from a girl at an artificial turf company in Texas led to her dream job in fashion in New York City.

Jenna's clear talent and instinct to behave in the professional way she did made me want to help her. And that brings me to the biggest secret I've learned: How you communicate and influence others weighs just as heavily on your success as your skills and ideas do. When you spend all day strategizing how to make people perceive a brand positively like I do, you start to realize that the same principles can be applied to people.

My knowledge comes from nearly 20 years of experience, but I want to give you a cheat sheet on how to market yourself. Why wait to learn something the hard way when I can teach you now?



# PERSONAL BRAND

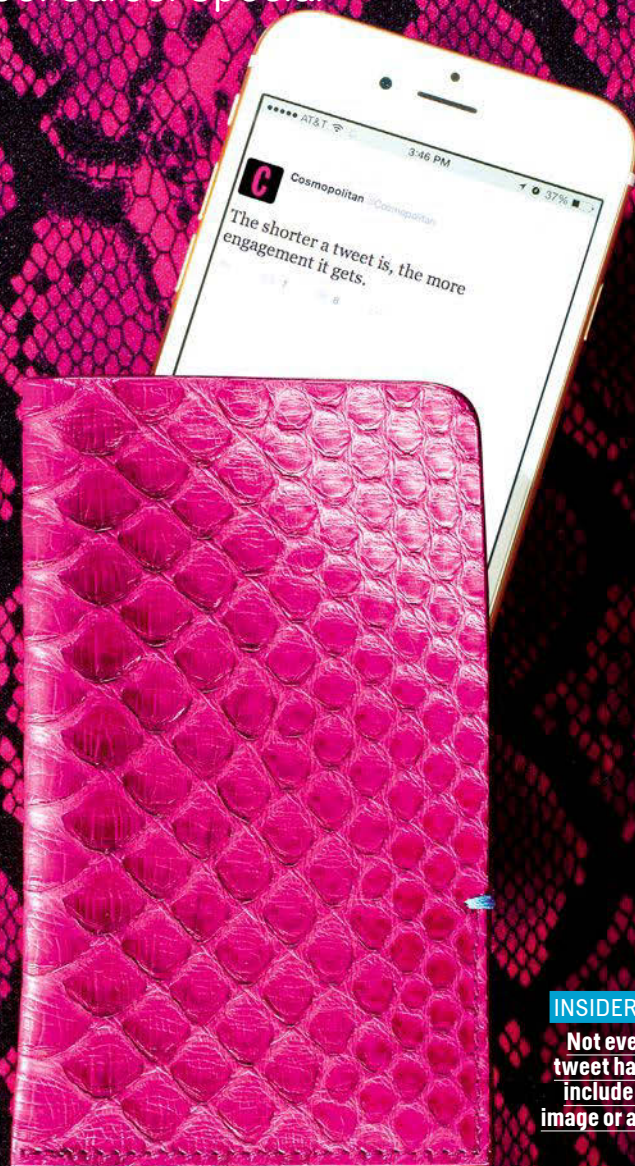


- Who are you?
- What do you want to be known for?
- What makes you special?
- What do people remember most after meeting you?

Think about where you want your journey to go. Continue writing your bio as if it has happened, but this time in *italics*—all your aspirations, everything you want to accomplish. This may sound like a lot of work and soul-searching—and it is. But when you're finished, you will know yourself so much better. Personal branding is about identifying the best version of you. It will allow you to perform better in every area of your life, no matter what you do.







**INSIDER TIP**

**Not every tweet has to include an image or a link.**

2 \_ KILL IT ON

# SOCIAL MEDIA

Social media has helped catapult seemingly regular people into personal brands. Hello, you're reading the words of someone who is a product of social media. What you post speaks volumes about you. That can be a good or bad thing. Just remember, when you're at a party this big, you better bring your manners—your personal brand depends on it.

**Find the platform—and the number of platforms—that feels right for you.**

You don't need to be everywhere. Master one or two platforms first, and grow from there. Plan your strategy on the kind of content you have to work with. For example, if you're not really going to have strong visual assets, consider skipping Instagram until you do.

**The profile picture and bio in social media are like your résumé.**

Don't leave them blank.

**Posting and engaging with your followers regularly will grow your following.**

You have to start the conversation and follow the conversation. Out of sight, out of mind strongly applies here.

**Listen before you speak.**

Growing up, we were told to think before we speak. In social media, you need to listen (i.e., read). Know what conversations people are having before you chime in.

**Scratch people's backs.**

When you can't think of anything original to post, try helping others get their thoughts out there. Giving voice to other people's posts by sharing them is a gracious move and one that's always returned in spades. It's also a great way to build your follower base.

**Embrace yourself.**

The truer you are to yourself, the happier you'll be anyway. If you love to cook, for example, share some fun tips that position you as an expert. If you're someone who loves staying home and watching movies, why not become your own movie critic and post

reviews socially? There are a lot of ways to prove your worth, and providing some kind of service to your followers is always a great tactic.

**Don't beg.**

Do you beg for friends in real life? I doubt it. So why would you beg for friends online? How you build a follower base is the result of three things: (1) putting out great content, (2) engaging with people who speak to you, and (3) proactively reaching out to others.

**Strike up a conversation online.**

Ask someone a smart question, or compliment something he has recently accomplished.

**Inspire!**

People love to be inspired. That's why quotes, whether motivational or encouraging, go a long way in the social space. Quotes are pretty much a given to be retweeted, which will grow your audience exponentially.

**Curate your timeline.**

Retweeting five times in a row might give off the idea that you don't post original content. I believe in an eclectic timeline. Start with posting original content, then respond to some comments, and finally share other people's content. You want to show that you are both speaking and watching the various conversations throughout the day. Check your timeline once in a while, and see if you think it would look good to someone who doesn't know you.

**Filter what you say.**

If you wouldn't feel comfortable running a full-page ad of your tweet in the newspaper, don't post it.



### 3 \_ CREATE YOUR OWN LOOK

I once had a very open conversation with a stylist friend who wanted to put his client in Donna Karan New York for a movie premiere. Celeb X wanted to be fresh, relatable, all-American. "That's why we're not putting her in European designers anymore," he said. "She's the chic girl next door." Just like that, Celeb X's new style image was born. Style is one factor in creating your personal brand, and it's probably the easiest way to reinvent yourself. You may think that having a strong sense of personal style doesn't matter for what you want to do, but I promise you that it leads to confidence in other more important areas. Your style needs to empower you to take on the world each day. That's what fashion does for me. It gives me the energy and confidence to tackle whatever comes my way. Well, that and coffee.

**INSIDER TIP**  
Gather images of people whose style you most admire. Try to find the common denominators.

**Know your body!** Certain styles look better for your shape than others do. Don't convince yourself that you should be able to wear everything.

**Get style-inspired.** Gather images of people whose style you most admire. Try to find the common denominators.

**Record best outfits.** Believe it or not, a good style moment can be forgotten in a nanosecond. If you find a great look that made you feel wonderful, write it down, or better yet, photograph it.

**Store your go-to clothes together.** These are the pieces that never let you down. The pants that fit no matter what you ate that week. The shirt that never wrinkles. When you are pressed for time, you want easy access to the items that work.



For the **COSMO** girl who's always on the go.



Download the **COSMOPOLITAN** app now!

\*Powered by **bugo**. You can access **bugo** using the account you create for the Cosmopolitan App.



ADAPTED FROM LEAVE YOUR MARK, BY ALIZA LICHT, AVAILABLE MAY 5, 2015, FROM GRAND CENTRAL PUBLISHING.



Fight  
those  
nega  
feelings!

# ANXIETY ATTACK HACKS

Having a moment?! No worries.  
These tricks will stop your  
freak-out in its tracks.

## 1 YOU'RE RUNNING LATE

This seems like a super-frustrating sitch that you have no control over—which, TBH, it kind of is—but it's not so bad! "Your own thoughts, like this traffic is endless or my boss will flip, often cause stress," says Greta Hirsch, PhD, clinical director of the Ross Center for Anxiety. "Your brain is confusing possibility with *probability*."

**TRY THIS** **Drown out negative messages by listening to a playlist you find engrossing. Better still: Sing along.** "When we use our vocal cords, it sends a signal to our brain that we're okay," says Kelli Walker, RN, a panic and anxiety coach.

## 2 YOU CAN'T SLEEP

First, don't look at the clock. Watching minutes tick by creates the opposite physical response (a rush of adrenaline and cortisol, rapid heart beat, and sweating) of the relaxation you need to doze off, Hirsch says. Second, don't grab your phone or Kindle. "Screens cue our brains to get up and get moving," says Walker.

**TRY THIS** **Instead of fighting it, accept that you're not sleeping but you are resting, and meditate on how awesome that is.** Suggests Hirsch: "Take deep breaths as you repeat thoughts like my bed is delicious, I love the feel of my blanket, it's quiet."

## 3 YOU'RE IN A SPAT

Fights with a BF or BFF can easily escalate from mildly distracting to all-consuming since our instinct is to overanalyze. "Don't equate not calling with not caring—maybe he's in a meeting, maybe she's sleeping in," says Hirsch. "It just sends your anxiety up and your mood down."

**TRY THIS** **Assign a specific worry window.** "Take a walk with a coworker, and make that the 15 minutes when you focus on the issue," Hirsch suggests. "Then, that's it." Not only does activity expend energy, but a scenery change helps you associate your desk with work time once you're back.

## 4 YOU'RE NERVOUS

When your hands are shaking before an interview or your heart is racing pre-first date, remember that anxiety isn't just normal in these situations, it's good. "Anxiety motivates us," says Hirsch. "Otherwise, we wouldn't prepare; we'd show up in gym clothes."

**TRY THIS** **Literally chill out: For a few minutes, dip your hands in cold water or hold a cool drink on your tongue.** "This triggers the vagus nerve, which signals the body to calm down," says Walker. Now go crush it.



"Step away from it. I have thousands, maybe millions, of positive social-media comments, but if I see something negative, I'm upset. So I reaffirm to myself that I'm not what this person, who doesn't know me, says. Talking it through with a friend really helps too."

—LAVERNE COX, ACTRESS, *ORANGE IS THE NEW BLACK*

"I LOOK THROUGH WHAT ELSE A TROLL IS POSTING. OFTEN, THEY'RE BAITING ANYBODY THEY THINK WILL ANSWER. THAT HELPS ME REALIZE HOW IMPERSONAL IT IS AND HELPS ME TO STOP REPLYING!"

—MEG CABOT, AUTHOR, *ROYAL WEDDING*

"AT FIRST, I WAS DRAMATIC ABOUT PEOPLE BEING HATEFUL ABOUT MY WRITING AND MY WEIGHT. NOW, IT'S ALMOST KIND OF FUNNY. SOMETIMES I'LL READ A COLORFUL INSULT AND THINK, THAT'S TERRIBLE, BUT WOW, YOU GOT CREATIVE THERE!"

—ANNA TODD, AUTHOR, *THE AFTER SERIES*

"Mute and Block. It works not only on Twitter. The first people that haters probably hate are themselves, hence they take their insecurities out on other people in an attempt to feel better."

—LEA SALONGA, SINGER AND JUDGE, *THE VOICE OF THE PHILIPPINES*

"I MADE THE MISTAKE ONCE OF TAKING SIDES ON WHO ELENA, MY *VAMPIRE DIARIES* CHARACTER, SHOULD END UP WITH. IT WAS LIKE PUTTING A TARGET ON MY HEAD! BUT IT GOES TO SHOW THAT NO MATTER WHAT YOU SAY, SOMEONE'S GOING TO BE UNHAPPY. TELL YOURSELF THAT SOCIAL MEDIA IS LIKE HIGH SCHOOL FOR ADULTS—BUT WORSE—AND GET OVER IT."

—NINA DOBREV, ACTRESS, *THE VAMPIRE DIARIES*

"I'm getting hit hard over my female *Ghostbusters* reboot. But if I fire something back, I'm giving the haters an audience. Being small-minded is their cross to bear. I won't fall down into their world—it's not as nice as mine."

—PAUL FEIG, DIRECTOR, *SPY*



# SHAKE OFF THE HATERS

It's easy to get sucked down a despair spiral after a nasty comment on your Instagram or Twitter feed. Stop! We got advice from people who have been there on how to keep it all in perspective.





Red lips + blue pills = signature look?

# YOLO' MADE ME A DRUG ADDICT!"

Can partying hard really turn into substance abuse?

"So, I was lying on the bathroom floor, wondering exactly how I got home last night, before realizing my underwear was missing. You know what else was missing? My car. It wasn't in the driveway! I had to call the guy I was with to ask if he had driven it, or if I left it here at the Fort..."

I trailed off, waiting for the big laugh that usually followed when I recounted my Saturday-night shenanigans to my high school *barkada* at our usual

Monday-night coffee catch-ups. My best friend Maia just said: "Again, Meggy?" She looked at me, sadly, and suddenly I felt both indignant and fearful. Didn't they see how funny it was?

Hi, I'm Meggy, and I'm an addict—or just a girl who knows how to have a good time, depending on who you're asking. I still remember the first spliff I smoked. I was fresh out of college and a bad relationship, and some college buddies brought a baggie to a party. I liked how

chill everything was when I was on weed. How the future wasn't all up in my face, all pressing and urgent with its What-Nows and How-Do-Yous.

It didn't take long for me to start scoring my own stuff—my new job at a marketing research firm and a solo condo subsidized by my parents aided and abetted my newfound habit of coming home, kicking off my shoes, and smoking up 'til I got the munchies so bad I'd eat a whole pizza for dinner. Everyone I knew smoked weed to a certain capacity—at house parties, on Sunday nights at home—so why was my daily ritual any different? My high school friends would come over and never comment on my steadily growing collection of glass pipes—a friend even got me one for Christmas, for crying out loud. I was far from addicted—I knew I could stop anytime. I was just being a cool, independent adult who made her own life choices.

I did stop smoking weed every day, some time later, when I met new friends from work who knew that the best way to get over the tedium of our jobs was to dance it all away at all the latest hotspots. I

wore party-ready outfits under my staid work blazers and learned how to wing my eyeliner. I was young, single, flush with cash (not really—my salary was meager and often spent on overpriced cocktails). I was just living like any other girl my age. Mondays to Wednesdays I'd be a proper working girl who sometimes bought her mother dinner, but Thursdays onwards? I was that girl who bought Jaegerbombs for everyone and made out with that hot expat before puking all over herself in a classy, gilded bathroom. My weekends were like one long, heart-pumping set with an awesome DJ—until the inevitable Sunday night crash and I'd reach for a



joint to steady my frayed nerves before Monday rolled around again.

I'd been partying hard with my work friends (and new ones I made along the way) for a few months when I gained entrance to an entirely different kind of party—the kind that only started when you popped a little colored pill.

I wasn't worried about taking Ecstasy—I felt safe, surrounded by people I trusted. We'd load up at a cheaper watering hole, pop one, then head to one of our usual spots (they all start to look the same, honestly, a few solid weekends later) where the music seemed to be louder, the drinks went down better, I'd feel sexier, and every guy in the room became more attractive. I was young and I'd never felt so alive. I left the real world outside—my stressful dead-end job, my mom's serious illness, fights with my siblings about money, our dad's drinking—the moment I slipped inside the throbbing confines of a superclub, hopped up on the free E I scored by flirting with a guy I met through Tinder. Yup, Tinder, where I met cute semi-douchebags I'd get high with, then hook up with. My closest friends knew I met guys through Tinder, but I didn't admit the meet-ups were always laced with the promise of free drugs. Heck, it took me a while to admit that to myself. I wasn't being liberated or brazenly exploring my sexuality—I was whoring myself out for free E.

My life soon became an endless crazy carousel ride: spending all my *suweldo* on new shoes, weed, and drinks, casual (unprotected!) sex in random hotel rooms and condos, driving home drunk and high missing an earring, my bra, or a shoe, toking up at work to defray the inevitable E comedown... But I was entranced by the garish, flashing lights and too-loud music, and I didn't know people had started to notice how I'd come to work still reeking of scotch and cigarette smoke, how I'd lost weight, how I was perennially down for a good time and not much else (I'd skipped quite a few Monday-night coffee dates with my best friends by then).

It astonishes me now how I managed not to drop dead from all the drugs. I don't remember feeling shame, fear, or anger at all when awkward situations (read: passing out on sidewalks) arose

while I was high—I loved both E and marijuana for that. Emotions were intense, but fleeting. So much was happening in my life, I craved feeling in control, which I ironically only got when I lost control of myself and lived in the moment.

For a solid year, weeknight weed sessions led to joints for breakfast, one E tab on Friday night became two daily from Thursday night to Saturday. I ducked Sunday family dinners. I ignored friends who didn't party with me. I became broke doing damage control: ER trips for ankles and wrists I sprained falling down the stairs at bars,

spontaneous hotel room bookings, a raging online shopping addiction I developed on Sunday comedowns. But I wasn't too worried. The literal highs I paid for with my savings (and sometimes with sex), the inevitable crippling loneliness and self-doubt that came with the comedowns, the isolation I felt even in the middle of a crowd—wasn't this all part of being an adult? I'd never felt so grown-up. I mean, when you look at your friends' Insta feeds, aren't they all partying, drinking, looking like more sophisticated versions of their high-school selves?

"Again, Meggy?" That was the exact moment I realized how my life looked to my strait-laced best friend. How many stories like this had I recounted to her, and did I just imagine her laughing with me? How many random dudes I admitted I slept with, how many too-close-for-comfort brushes with danger or the law I narrowly escaped while high, how many times had I kept silent on Viber groups only to resurface with

**"I wasn't being sexually liberated, I was whoring myself out for free E."**

another *kuwento* about how much fun I was having? Maia wasn't about to let me go on living like, as she put it, "some loser who needed drugs to be happy." I was angry with her for judging me; I didn't think I needed help. Besides, she was in a stable relationship and had a job she loved—who was she to talk? But she was as strong-willed as I was belligerent. She forced me to take a beach trip with her over Holy Week, not letting me drink a single drop the whole time. She cleaned my condo and threw out every single drug-related thing she found. Forced me to attend yoga with her. Get mani-pedis. Eat out—I was alarmingly skinny; she said anorexia didn't look good on me.

Luckily, the same spinelessness that got me into the whole drug-addled partying in the first place saved me. I meekly allowed my best friend to take control of my life over the next few months, but refused to see a therapist because that would make it seem real. I now think that whole year was a giant cry for help: I had trouble living in the real world, and it took a real friend to see that and see me through. I've stopped taking E and smoking weed, and the only alcohol I drink is the wine we have

with our weekly pizza-and-movie nights. I deleted my Tinder account, because I am still too tempted to flirt with guys that are bad for me. It's still a long process, learning to take care of myself and really take control, and not resort to chemicals to carry me through my problems. I know I'm luckier than others—I didn't get an STD or fall pregnant, I didn't OD, I didn't do anything to irreparably hurt myself or others. A lot of people say crazy-hard partying is a phase we all must go through and outgrow, but seriously, there's more to life than YOLO—I'm glad I learned that lesson right away.

## HELP A FRIEND

Think a loved one is suffering from substance abuse? Get the 411 from Malyn Cristobal, a certified addiction counselor and founder of the Living Free Foundation.

**LOOK FOR:** "Changes in behavior towards loved ones, withdrawal from gatherings, unmanageability at work or school, money issues, inconsistencies like a quick temper or suddenly not taking care of herself."

**INTERVENE ASAP.** When she is sober, tell you've noticed something different and assure her you are there for her. If she responds negatively, call for a family or group intervention.

**ADJUST YOUR ATTITUDE.** Don't sweep the problem under the rug, or resort to anger or negativity. "You need to be firm and consistent with her. Substance abuse disorder is an illness—she needs treatment, not punishment. Commit to helping. 'The significant people in her life need to be educated about the illness and how they can be part of recovery.'" If you want to help, you also need help—have your own support group as well. If you're directly affected by a person's substance abuse, you might need to deal with your own trust, anger, or denial issues.



You, You, You

COSMO CASH

# BEFORE YOU BUY A CAR...

So you're finally ready to commit. Whether you've saved up to buy your very first car or want to upgrade to that new model you so deserve, here's the lowdown on making that major investment.

Whether you've been driving for years and have been using an old hand-me-down, want to upgrade your current one, or are just about to start driving, investing your hard-earned moolah in a car is serious business. There are many factors to consider—do you have enough cash for the downpayment? Do you have good credit history?

Once you're financially ready, decide if you want a second-hand model or a brand new one, and understand the responsibilities you'll have to take on for its upkeep. Read on before you set out to find that match made in car heaven.

## **SOMETHING OLD...**

**It's perfectly fine if a second-hand car is all you can afford, just be extra careful when going pre-loved. Choosing a second-hand car is like choosing a potential boyfriend—aside from getting to know him, you need to do a background check and fish for his dating history. Look for any telltale signs that reveal why its previous owner decided to let it go. *Top Gear Philippines'* consumer editor Botchi Santos steers us in the right direction when going down this road:**

### **Check for signs of abuse:**

Dirty engine bays, faded paint jobs, worn and misaligned tires and unnecessary noises. "Are there weird knocking, slapping, rattling, and screeching noises and vibrations? Does the car emit smoke? If it's a 'Yes', walk away," Santos stresses.

### **Do an extensive background check.**

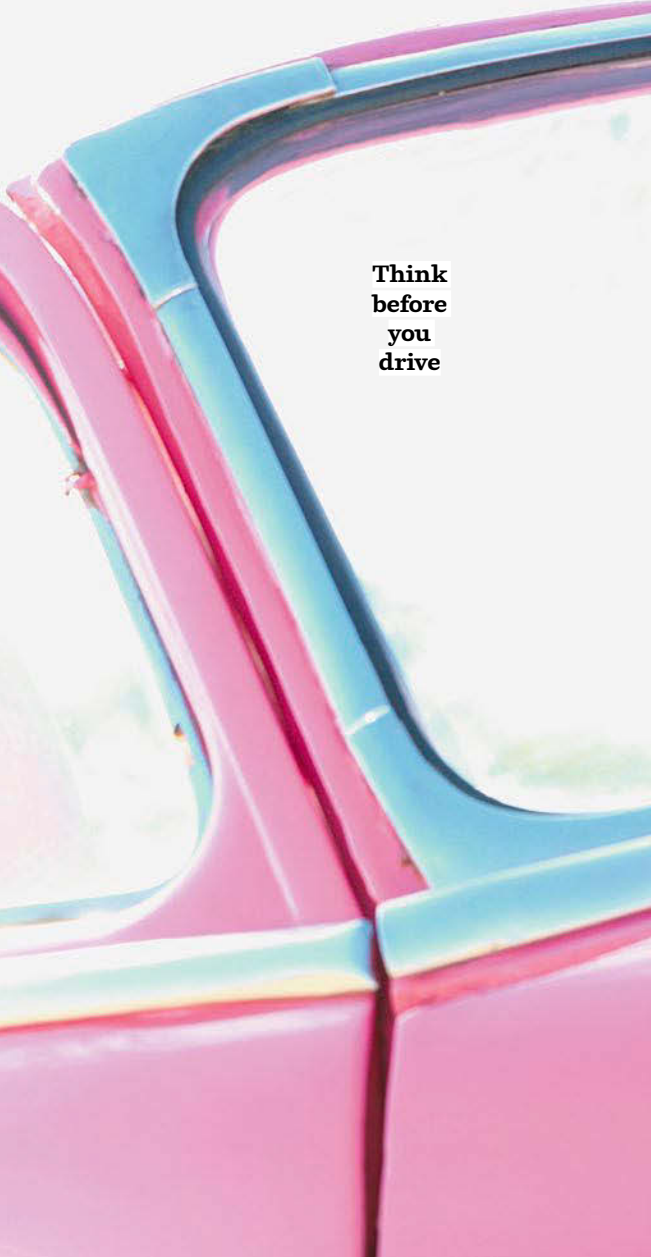
Inspect the car's warranty booklet—has the car been regularly serviced? Do the mileage records match the car's actual condition? Read the full service history to check if the car has been damaged by floods. Cars that are well-maintained will give you value for money.

**"Your car should satisfy your rational needs and requirements while providing an emotional connection as well."**



(TEXT) KARA SANTIAGO. (PHOTO) SHUTTERSTOCK





**Think  
before  
you  
drive**

## **...OR SOMETHING NEW?**

**Yay if you have the budget to go brand-new, but the endless options can be overwhelming. David Asuncion of Mazda Philippines recommends that you consider these factors before making that commitment.**

**Make sure the car meets your criteria.** Buying a new car is like deciding whether or not to commit to a guy you've been seeing—there are certain mental, emotional, and physical characteristics that you look for and can't go without. Santos advises, "Your new car should satisfy your rational needs and requirements while providing an emotional connection as well. Most people consider a car as their second biggest investment next to a house. A car should make you feel good and happy whenever you see it, use it and drive it. If you don't like the car you'll be using every day, it'll be money poorly spent."

**Prioritize safety.** "The most important technical aspect to consider should be safety—minimum safety equipment include: driver and passenger

airbags, an anti-lock braking system (ABS), and traction control. Fuel efficiency is a must to maximize your money's worth along with maintaining good driving habits," Asuncion says.

**Don't sacrifice comfort.** Driver and passenger comfort are key for long drives, while agility and ease of driving make a car ideal for the city. A model like the All-New Mazda2 SkyActiv prioritizes high levels of safety and handling for road trips while providing sensitive sensory features for driving in urban areas.

**Check out car maintenance services.** Car brands usually provide maintenance at authorized service centers, but Mazda is the only brand that offers free preventive maintenance service and emergency road side assistance for the first three years. This keeps your car in tiptop shape for longer and allows you to save on maintenance expenses.

**Research, test, and evaluate.** Before making a final decision, make sure you research your choices thoroughly and compare all your options side by side. It also helps to seek the advice of car owners whose judgment you trust. When you've made your choice, visit your nearest dealer and take the car out for a test run. You'll know it's right for you after you've experienced the feel of the ride. Once you're absolutely sure, sit down with your agent and discuss the easiest payment options for you. Asuncion advises, "Choose the [scheme] that best manages your down payment and monthly payments at the shortest allowable period without jeopardizing your

monthly expenses." That way, you can enjoy not only the freedom of mobility but financial freedom as well.

## **FOR BETTER OR FOR WORSE...**

**Since you'll not only be driving your biggest investment (as well as putting your life in your own hands behind the wheel) you should know how to deal with inevitable car trouble on your own (your dad or BF won't be there to save you forever!). Start with these basics:**

### **Get regular maintenance checks.**

Visit your mechanic for a regular tune-up every eight to 12 months. Check if they use quality functional fluids from trusted brands like Prestone (engine oil, brake fluid, coolant) and change them every 40,000 kilometers for safer drives. Be observant about little noises you may hear from your vehicle, too. These usually signify problems you have to notify your mechanic about.

**Get insurance.** Nothing is more convenient than having a number to call for any road mishap (no need to change a tire yourself in the middle of EDSA!). Car insurance companies now offer full-service plans, so there's no reason for you not to avail of them.

**Participate in forums for support.** The online community is very helpful about sharing car maintenance tips and tricks. Check out [tsikot.com](http://tsikot.com) or [topgear.ph](http://topgear.ph) for the latest information on car care topics.



## **COSMO RECOMMENDS**

**Looking for a used car online?** Check out [carmudi.com.ph](http://carmudi.com.ph), [philcars.com.ph](http://philcars.com.ph), or [carfinderph.com](http://carfinderph.com). **Thinking about car insurance?** Ask your car dealer or bank for a good deal, or check out [pinkwheels.ph](http://pinkwheels.ph)—its service is dedicated to female car owners!



You, You, You

## THE SECRET TO BEING HAPPY LAUREEN UY

Since her fashion blog *Break My Style* blew up five years ago into an online phenomenon, life has never been the same for her. Here, the 25-year old reveals a side of her that her massive following won't often see in social media.

*Happiness is...*

### STOPPING THE CYCLE OF SADNESS, NO MATTER HOW HARD

My *angkong's* (grandfather) unexpected death devastated my family. I had lived with my parents and grandparents all my life, and was planning to move out before he died. I decided to stay in the family home a little longer, to make sure my family was okay. Even as the youngest, I knew I had to be strong, especially for my parents, to show them life must go on, and that feeding off on each other's sadness wouldn't help at all. Grief is natural, but I had to do my part to keep sadness from consuming us.

### KILLING THEM WITH KINDNESS

People are surprised to know I was bullied in grade school—my classmates called me names like *basurera*. For five years, I woke up every day not wanting to go to school, but this never pushed me to change schools just to escape my misery. My siblings graduated from the same school, so I didn't want to quit just because of that. I haven't seen those bullies since then, but I will never forget their names and faces. People ask what I'd say to them if I ran into them now, but it's not like I'd take revenge on them—I'll just kill them with kindness!

**Beach, bikinis, and blogger besties!**



**Sweets + Sights = Lauren's Life**



### EMBRACING SPONTANIETY!

My sister Liz and I were taking fashion classes at Central Saint Martin's in London last year, and I got so inspired by the girls I saw on campus. The fashion vibe in London is so edgy, cool and electric that one day I just decided, in the middle of my studies, to cut my hair, dye it green, and get bangs. It was a surprise for me and for my followers, but I loved just jumping right into it. Work aside, I make myself happy by just trying to be as spontaneous as I can. On normal days, nothing makes me happier than good music and dessert!

### A GREAT SUPPORT SYSTEM

When people learn I'm Liz's or Vince's sister, they automatically think I had to carve my own path in the biz so I wouldn't be compared to them. Actually, I'm proud to be their sister! My siblings have always been behind me in all my endeavors. When I started my online clothing store Style Break with my best friend Katrina Loring, our first few collections consisted of ripped and dyed DIY shirts. For our first lookbook, Vince did the creative direction, Liz helped me style, Jasmine (Curtis-Smith, already my friend back then) modeled, and Solenn (Heusaff) did her make-up! We weren't an established line back then—we did it just so we could earn extra *baon*—pero *kinaree* ang production



crew! Even now that my job has gotten bigger, my siblings and friends still have my back. I'm thankful for that every day.

### TRYING TO LOVE YOURSELF, EVEN WHEN ALONE.

Being in a relationship really makes you happy. But, having just ended a years-long relationship, I'm now trying to enjoy my time as a single woman. I won't lie though, it's a process. I distract myself with work and focus on ticking things off my busy schedule. I can't say that I've fully recovered—I still can't travel alone, which is why trips with friends and spending time with my family are my priority. I think my family appreciates it! I try to think that everything is going to be all right, and that learning to love myself is the only way I can be truly happy, and if I'm happy, then I will definitely attract the person who's right for me.

*Why a Good Hair Day is a Great You Day*

Studies show looking good increases our self-esteem and psychologically triggers a positive impact on our lives, so activities like styling or coloring your hair can, in fact, turn your day around.

AS TOLD BY VIVIAN DILLER, PH.D. IN THE ARTICLE "THE PSYCHOLOGY BEHIND A GOOD HAIR DAY," ORIGINALLY PUBLISHED IN WWW.HUFFINGTONPOST.COM.

INTERVIEW: CHICA VILLARTA (LEAD PHOTO: COURTESY OF BLOGBERRY; (INSTAGRAM PHOTOS) COURTESY OF LAUREEN UY'S TEAM)





*Live the  
fab, fun  
and  
fearless  
life today!*

SUBSCRIBE  
TO

**COSMO**

NOW!

Go to [www.cosmo.ph](http://www.cosmo.ph)  
for more info.



Every day  
is a new  
day!



1

Turn off your phone for 30 minutes and just *be* for a bit. Incessant scrolling does nothing for your sanity.

2 FINALLY, FINALLY, JUST TAP “UNFOLLOW.”

## COSMO COMMANDMENTS

# 10 WAYS TO START FRESH

3

Look over your goals list and rephrase every *should* into *can*. How's that for an attitude shift?

4

Forgiveness is release. Repeat to self when necessary.

5

Send that “Hey, I’m sorry” note you know is long overdue. Nothing is ever too little, too late.

6 Power through your morning shower with a specially made Spotify playlist. Good mood, guaranteed!

7

Simplify your Sundays—a morning run, coffee with the boyf—instead of cramming every little errand in one day. Then maybe Mondays won’t be as tough?

8

LOOK AT ALL THE UNCHECKED TO-DOS ON YOUR LIST AND ASSESS WHY YOU HAVEN’T GOTTEN AROUND TO DOING THEM—MAYBE SOME OF THEM AREN’T AS VITAL OR URGENT AS YOU THOUGHT THEY WERE?

9 Wear new shoes or a different shade of lipstick to work come Monday and start the week on a high (and gorgeous!) note.

10 SLEEP EARLY, AND OFTEN. REST IS A LUXURY EVERYONE SHOULD INVEST IN.



**MAHALAGANG PAALALA: ANG NORMAGUT AY HINDI GAMOT  
AT HINDI DAPAT GAMITING PANGGAMOT SA ANUMANG URI NG SAKIT.**



A weak  
stomach  
is like  
excess  
baggage.

Unburden yourself, and pack some Normagut instead. This probiotic capsule helps improve digestion and enhances your natural resistance to intestinal infections by acting on the cause of a weak stomach. Compact and lightweight, it's ideal for worry-free travel. For best results, take 1 to 2 capsules daily before and during your trip.



**No bad trip.**



Hotline: 894-11-11 / Textline: 0917-827-4330

ASC REF. NO. M005N042015N



## PAJAMA PARTY

Blazer, H&M. Shirt, Carven. Skirt, Bimba Y Lola. Clutch, Cas Lee at Quintessential. On neck (top to bottom): Necklace (gold knot), Michael Kors. Necklace, CH Carolina Herrera. On right hand: Ring, Calvin Klein Jewellery. Bangle, Carrie Kat Tangs. On left hand: Bangle (silver and gold rings), Eddie Borgo at Tangs. Bangle (twisted metal), ring (chain links), ring (double band), and ring (grid square), all Calvin Klein Jewellery.

Reinvent the workwear staple with hot add-ons, heaps of gold, and buttons undone as low as you dare.

PHOTOGRAPHS BY BRENDAN ZHANG

# SHIRT HAPPENS



## PEARL, INTERRUPTED

Jacket, Bally. Shirt, McQ Alexander McQueen at Club 21b. Trousers, Kenzo. On neck (top to bottom): Choker (pearl), stylist's own. Choker (glitter), Topshop. Necklace (pearl and diamanté), Erickson Beamon at On Pedder. On right hand: Cuff (spikes), Eddie Borgo at Tangs. Bangle (white), Bimba Y Lola. Cuffs, Edge of Ember at What Women Want. Triple ring (snake), Bimba Y Lola. Ring (mini pearl), and ring (diamante), both Mi Madera at What Women Want. Ring (big pearl), CH Carolina Herrera. On left hand: Cuff (pearl), Erickson Beamon at On Pedder. Bracelet (yellow), Carrie K at Tangs. Triple ring, Diana Broussard at Lula Rock. Ring (single pearl), and ring (double pearl), both Mi Manera at What Women Want.





## FINE LINE

Earrings, Tiffany & Co.. Shirt, Brooks Brothers. Skirt, Alice McCall at Lula Rock. On neck (top to bottom): Necklace (Atlas\*), necklace (key), and necklace (Tiffany T chain), all Tiffany & Co.. On right hand (top to bottom): Ring, bracelet (Tiffany T), bracelet (Tiffany T), and bangle (Atlas\*), all Tiffany & Co.. On left hand (top to bottom): Bangle, cuff, ring (Atlas\*), and ring (Tiffany T), all Tiffany & Co.





## BLAZER GLORY

Blazer, Massimo Dutti. Shirt, Uniqlo. On neck (top to bottom): Necklace (coloured gems and studs), Venna at On Pedder. Chain, pendant, and chain (long), all Pomellato. On left hand: Ring (purple), ring (white), ring (teal), and bracelet, all Pomellato. On right hand: Watch, Calvin Klein Watches. Ring, Pomellato, Bag, and pencil, both CH Carolina Herrera.





## GARDEN PARTY

Vest, Paul Smith. Shirt, Acne at Club21b. On neck (top to bottom): Necklace (black beads), Venna at On Pedder. Necklace (multi-chain), and necklace (thick chain), both CH Carolina Herrera. On right hand: Cuff, CH Carolina Herrera. Watch, Calvin Klein Watches. Bracelet (blue), Killari at Tangs. Ring (silver stone), and ring (monogram), both CH Carolina Herrera. On left hand: Bracelet (gold with diamanté), CH Carolina Herrera. Bracelet with ring (leopard), Butler & Wilson at On Pedder.





## ANIMAL INSTINCT

Shirt, Vivetta at Lulu Rock. Skirt, CH Carolina Herrera. On neck (top to bottom): Necklace (Panthère de Cartier), Cartier. Necklace (chain links), necklace (coil chain), both stylist's own. On right hand: Love Bangle (gold and silver), Love Bangle (gold and rose gold), and ring, all Cartier. On left hand: Watch, bangle, and ring (Panthère de Cartier), Love Ring (gold), and Love Ring (gold and diamonds), all Cartier. Organiser, Prints.

(FASHION DIRECTOR) JANICE PIDDUCK (STYLING) CHERYL CHAN (HAIR) ASH LOI/ATELIER (MAKEUP) KEITH BRYANT LEE/ATELIER (MODEL) DARYAY/MANNEQUIN (FASHION ASSISTANTS) ANBELENE WONG, KEISHA GARRELL, AND NAUUAH ARUMUGAM (VINTAGE PHONE) COURTESY OF WILSON TANG.



GET THE LOOK

# SHIRT



Jacket,  
**H&M**,  
P3,990.



Blazer,  
**Forever 21**,  
P1,945.



Skirt,  
**Regatta**,  
P1,095.



Bracelet,  
**Something Borrowed**,  
P499.



Choker,  
**Parfois**,  
P590. Pearl  
necklace,  
**Zara**, P1,995.



Ring,  
**Mango**,  
P695.

Necklace,  
**Panopio**,  
P2,100.

Shirt,  
**Mango**,  
P1,750.



Dress,  
**Mango**,  
P5,950.



Shirt,  
**H&M**,  
P1,190.



Cuff,  
**H&M**,  
P499.



Necklace,  
**Mango**,  
P795.



Shirt,  
**Mango**,  
P1,950.



Skirt,  
**Zara**,  
P2,295.



Rings,  
**H&M**,  
P299.



Bracelets,  
**Zara**, P995  
per set.



Cuff,  
**H&M**,  
P499.



Cuff,  
**Mango**,  
P795.

Ring set,  
**Mango**,  
P695.



Skirt,  
**Shop & Wear**,  
P1,999.



Clutch,  
**Aranaz**,  
P5,000.



# HAPPENS



Necklace,  
**Christopher Munar**,  
P2,250.



Shirt,  
**Zara**,  
P2,595.



Clutch,  
**Zara**,  
P2,595.

Blazer,  
**Mango**,  
P2,950.



Rings,  
**Something Borrowed**,  
P169 per set.



Earrings,  
**H&M**,  
P899.

Pants,  
**Zara**,  
P2,595.



Watch,  
**Daniel Wellington**,  
P7,700.

Shirt,  
**Zara**,  
P1,995.



Cuff,  
**Mia Casa**, P250.



Vest,  
**LZD**,  
P1,198.



Rings,  
**H&M**,  
P899.



Bracelet,  
**Parfois**,  
P279.



Skirt,  
**Zara**,  
P2,995.



Shirt,  
**Daryl Maat**,  
P2,500.



rings,  
**Parfois**,  
P399.



Necklace,  
**Parfois**,  
P590.



Clutch,  
**Mango**,  
P995.



Pants,  
**Zara**,  
P2,595.



Watch,  
**Timex**,  
P3,290.



Bangles,  
**Parfois**,  
P399.

(STYLING) ASH AQUINO AND NOREEN LEGASPI. (PHOTOS) MIKE DEE. (MANGO, ZARA, H&M, SHOP & WEAR, PARFOIS) COURTESY OF BRANDS. (REGATTA, SOMETHING BORROWED, PANOPHO, DANIEL WELLINGTON, MIA CASA, TIMEX) COURTESY OF ZALORA.COM.PH. (LZD) COURTESY OF LAZADA.COM.PH.



# Rebel Rose

Top, SM Woman,  
P799.75. Necklace,  
Parfois, P890.







# fierce florals

FLORALS GET A  
VAMPY VIBE WITH  
DARK AND DARING  
COMBOS THAT LOOK  
SWEET YET SULTRY.

PHOTOGRAPHS BY JACK ALINDAHAO

Shot on location at 14 Four Cafe, Taytay, Rizal.



# Femme Florale

Dress, Forever 21,  
¥1,275. Necklace,  
Parfois, ¥1,190.







## Bold Blooms

Top, Forever 21,  
P1,015. Pants, SM  
Woman, P899.75.  
Bag, P3,599, and  
shoes, P3,450, both  
Charles & Keith.





## Wild Flower

Romper, Guess,  
P4,598. Earrings,  
Parfois, P390. Heels,  
Charles & Keith,  
P3,950.



# Bud Wiser

Earrings, Parfols,  
P590. Blazer, P1,535,  
and dress, P915, both  
Forever 21. Belt, What  
Women Want at SM  
Department Store,  
P499.75.







## Blossom Buddies

Necklace, Parfois,  
P1,490. Top, P799.75,  
vest, P1,299.75, and  
pants, P799.75, all SM  
Woman. Pumps,  
Charles & Keith,  
P2,299.



# Garden Party

Necklace, P790, and bracelet, P590, both Parfois. Dress, Forever 21, P1,275. Belt, What Women Want at SM Department Store, P499.75.





# WEEKEND WARRIOR

Weekends got you busier than the workweek? Transition from day to night like a boss in hairstyles fit for any event.

PHOTOGRAPHS BY ROY MACAM

**FRIDAY A.M.**

## TGIF TOPKNOT

Sometimes, you just can't be bothered on a Friday morning. Unfortunately, showing up to work looking like a hot mess is *not* an option. The great thing about this 'do is it takes less effort than it appears. Forgo the shower for some extra minutes of sleep. Gather hair into a super-high pony and tightly twirl the tail, forming into a bun. Fasten with bobby pins. For a cool, laid-back, real-girl bun, tease a few strands along your hairline and out of the topknot.

Top, Forever 21  
Necklace and Rings, Cotton On



**FRIDAY P.M.**

# SEX KITTEN WAVES

Got a hot date tonight? Go from professional working girl to sexpot in minutes. Just undo your topknot and shake out those waves that have been forming all day. Spritz greasy roots with dry shampoo and add instant volume with a deep side part above your temple.

Top, Suiteblanco  
Shorts, Vero Moda







**SAT A.M.**

## LAZY LOCKS

Running errands means you're bound to run into someone you know. Don't get caught looking schlepmy. Spritz an aerosol texturizing spray (our secret to giving limp locks instant volume & thickness) onto one-inch sections of hair, winding strands around your finger to create a slight wave. Finish with a messy part above one brow.

Sweater, Penshoppe  
Shorts, Vero Moda



**SAT P.M.**

# SLEEK SISTAH

Tonight, it's all about you and your besties. Spray heat protectant throughout locks and blow dry three-inch sections of hair with a round brush. For even straighter strands, run a straightening iron through hair and mist with shine-inducing hair spray.

Top, Topshop  
Shorts, Vero Moda







**SUNDAY A.M.**

# FRENCH TWIST

Brunch, church—this updo works wherever you're heading. Apply mousse to damp hair. Create a deep side part and sweep the front section across your forehead. Pull hair into a ponytail at the nape of your neck, twisting tightly. Place the twist up the center back of your head and pin. Tuck ends of strands into the side of the twist.

Dress, **Stradivarius**



(TEXT) MERIAM AHARI. (PHOTOS) ROY MACAM. (DAVINES CONDITIONER) LOUIE AGUINALDO. (ALL STILLS) COURTESY OF RESPECTIVE BRANDS. (MAKEUP) ARCHIBALD TOLENTINO. (HAIR) ETHAN DAVID USING LYNELLE HAIR EXTENSIONS. (STYLIST) CAMILLE SANTIAGO. (MODEL) KYLIE VERZOSA OF PMAP.



Goody  
Questamide  
Infused  
Round Brush,  
P899.75.

Goody Start  
Style Finish  
Black Bobby  
Pins, P59.75  
for 12-pack.



Toni&Guy  
Prep  
Volume  
Plumping  
Mousse,  
P870.



eva nyc  
Surfs Up!  
Texture  
Spray,  
5.3 oz.,  
P795.



Kérastase Spray à Porter  
Tousled Effect Spray,  
150 ml, P1,480.



Davines More Inside  
Volume Boosting  
Mousse, SRP P1,195.



Aveda Damage  
Remedy Daily Hair  
Repair, P1,700.



Tresemmé  
Fresh Start Dry  
Shampoo, P450.



Davines Oi Absolute  
Beautifying Conditioner,  
SRP P1,350.

GET THE LOOK

# WEEKEND WARRIOR

With just a few easy tweaks,  
simple daytime hair becomes  
the perfect night-out style!



# SWITCH



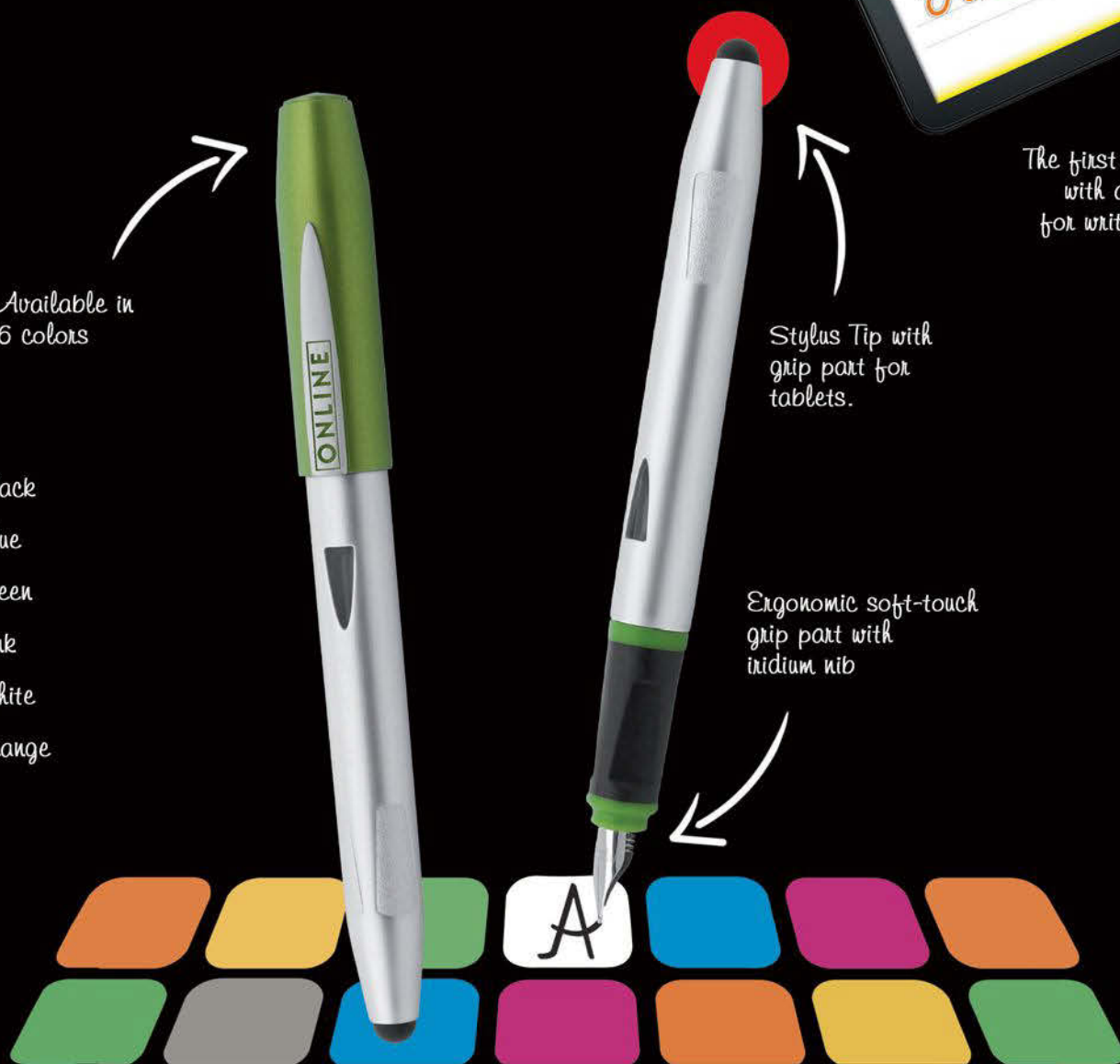
The first fountain pen with a free **APP** for writing exercises on tablets.

Available in 6 colors

- ☐ Black
- ☐ Blue
- ☐ Green
- ☐ Pink
- ☐ White
- ☐ Orange

Stylus Tip with grip part for tablets.

Ergonomic soft-touch grip part with iridium nib



**ONLINE**®  
Germany

Available in National Book Store Glorietta, Shangri-la Plaza Mall, TriNoma, and SM Megamall, and in Powerbooks, Greenbelt 4.

**National**  
Book Store

Shop online at [www.nationalbookstore.com](http://www.nationalbookstore.com)    @nbsalert

Hotline: 8888-NBS (627) | Within Metro Manila • 1-800-10-8888-NBS (627) | Outside Metro Manila

Mobile: 0998-8888-NBS (627) • 0917-8747-269

E-mail: [customerservice@nationalbookstore.com.ph](mailto:customerservice@nationalbookstore.com.ph) • Hotline operating hours: 8 AM to 10 PM, Monday to Sunday



# HOT & HEALTHY

## PUT SOME HAPPY IN YOUR NEW YEAR *mid* YEAR

There's a reason only 8 percent of folks who make New Year's resolutions actually achieve them: They're a total drag. Make the most out of the remaining months of the year with these alternatives that have all the payoff—but none of the punishment.

### → **Make a Bucket List**

If you reframe goals as fun, can't-miss activities, you're going to want to cross them off. Instead of "Exercise more," write down, "Join the next fun run. Wear a bikini while celebrating at the pool."

### → **Do one thing each month**

A yearlong project is daunting. Just fix some part of your diet every 30 days—cut the fast food habit in July (check out our review of the latest diet delivery services inside), eat more greens and less sugar in August, learn how to cook in October. That's six more opportunities not just to "lose weight" but to get healthier too.

### → **Try a Yogi Trick**

Rather than goals, set one- or two-word intentions. To get more sleep, you could focus on a calm mind (not "go to bed earlier every night"). Then take the steps—sip tea, listen to soft tunes, do some gentle stretches—to get there.

**Wake up  
happier:  
Check!**





## BODY NEWS

# GET IT ON IN THE WATER—SAFELY

Barely there bathing suits and sunscreen massages are basically foreplay. What to know if you're getting wet and wild.

### Wetter Is Better

H<sub>2</sub>O washes away your body's natural lubrication, so friction during thrusting can cause micro-tears in the skin of the vaginal canal. Lube is an easy fix. Choose a long-lasting and water-resistant silicone-based formula.

### He's Not the Only One Entering You

Water contains bacteria and chemicals (rivers, public pools, and hot tubs are the biggest offenders), and during sex, they may be forced into the vagina, possibly causing UTIs or yeast infections. Watch for symptoms later.

### Stop His Little Swimmers

Make sure your guy puts on his condom on dry land so that it's securely in place. A condom's integrity can be compromised by high chlorine levels, sunscreen, and bacteria, so use a backup method too.

SOURCES: ALYSSA DWECK, MD, COAUTHOR OF *V IS FOR VAGINA*; JENNIFER WIDER, MD, HOST OF "AM I NORMAL?"

**NO!**  
**CONDOMS**  
**DON'T CAUSE**  
**CANCER**

A petition to remove carcinogens (the same ones found in balloons and latex gloves) from condoms has been circulating, inciting fears that rubbers lead to the big C. If you prefer eco-friendly brands, great. But evidence linking condoms to cancer doesn't exist. What does: proof that using protection lowers exposure to HPV, a cancer causer. So keep wrapping that tool—and stop worrying.

SOURCE: LINDA FAN, MD, ASSISTANT PROFESSOR OF OBSTETRICS, GYNECOLOGY, AND REPRODUCTIVE SCIENCES AT YALE SCHOOL OF MEDICINE

**Q** My mom had breast cancer. Is it okay for me to drink?

**A** I wouldn't. Moderate alcohol consumption raises risk (two drinks per day on average ups it by 8.5 percent, says a new study) even for those without a family history. Never drinking seems dramatic, but if your mom or sister has suffered, cutting back is an empowering way to lessen your risk.



**Q** My doctor gives me an annual Pap, but isn't the new rule every three years?

**A** For most women above the age of 21 without a recent abnormal Pap smear, this new guideline is fine. Still, that's general advice and you're an individual, so bring it up with your doctor. Say something like, "I've heard I can get Paps less often. Do you agree?" And remember: A Pap isn't an STI screening. Get tested at your annual well-woman checkup.

SOURCE: JENNIFER ASHTON, MD, OB-GYN AND SENIOR MEDICAL CONTRIBUTOR FOR ABC NEWS

(TEXT) GABRIELLE HURWITZ. (PHOTOS) (DRINKING) SAVE. (COUPLE KISSING IN POOL) CHRIS CLINTON





## The Thirst Is Real

Our bodies lose fluids faster when temperatures are high—especially in our tropical climate. Here's help staying hydrated all day.

### SIP

#### Iced Coffee

Contrary to popular belief, caffeine is not a diuretic, says nutrition scientist Stacy T. Sims, PhD. In fact, a University of Birmingham study found coffee nearly as hydrating as water. Just balance your a.m. Starbucks with some regular H<sub>2</sub>O.

### SKIP

#### Sports Drinks

For workouts under 60 minutes, you can meet your needs (and cut calories) with regular tap, according to Kate Geagan, RDN. Down two cups of water 20 minutes pre-exercise, then have a couple of squirts every 20 minutes throughout.

### SWIG

#### Water

Outside all day? There's no rule for how much aqua to drink—"eight glasses a day" is a myth. Booze and meds (antihistamines, antidepressants) are dehydrating, and thirst can be blunted if you're hot or distracted.

Geagan says a good guideline is enough to need an hourly pee break.



Red lentil and bulgur wheat patty, shiitake mushrooms sautéed with garlic and onions



## FOOD BUZZ

# WHITE-HOT FOODS

You've been told to "eat the rainbow," i.e., lots of colorful fruits and veggies, "but there are clouds at the end of the rainbow, and you need those too," says Alicia Romano, RD, a clinical dietitian at Tufts Medical Center in the US—not white bread but white produce, like potassium-packed potatoes, folate-rich cauliflower, and mushrooms, which are totally having a moment. Not only are they one of the best sources of vitamin D in the produce aisle,

but they also make a great burger. In a recent study, testers liked a 50/50 mixture mushroom-meat patty over ground beef alone. The good news is, many new burger joints and restaurants now offer seafood and vegetarian burgers that are as delicious as their meaty counterparts. Our faves? **Burgers & Brewskies' P. Sherman** and **Don't Have a Cow** burgers. Pair 'em with their **Sweet Potato Fries** for a sinfully healthy meal.



## NO-COOK SOFT TACOS

Quit the fast food habit and prep your own meals—it's cheaper, more nutritious, and increases your life expectancy. Not quite a wizard in the kitchen? Start out with easy soft tacos that don't require cooking. Fresh greens and veggies are easy to buy and are a breeze to prepare, and canned proteins are available even from the 24-hour store. Try our easy recipe and get creative!

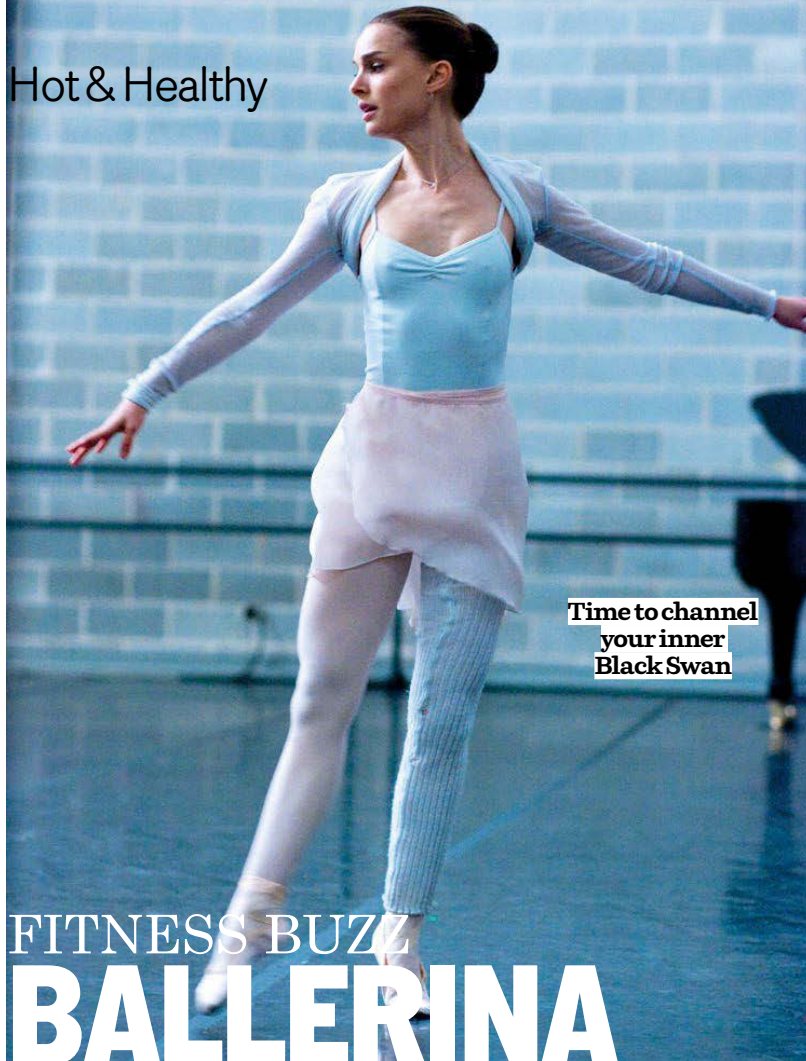
- 1 pack whole wheat tortillas
- 1 head of lettuce
- 1 cucumber
- 2 large tomatoes
- 2 180-g can of tuna

1 Slice tomatoes and cucumbers, and shred lettuce. 2 Lay 1 tortilla on a plate or chopping board. Place 2-3 Tbsp tuna in the center. Add a slice or two of tomatoes and cucumbers, and top with lettuce. 3 Roll burrito-style or fold like a taco and serve.

SOURCE: PUBLIC HEALTH NUTRITION, CAMBRIDGE UNIVERSITY.



Hot & Healthy



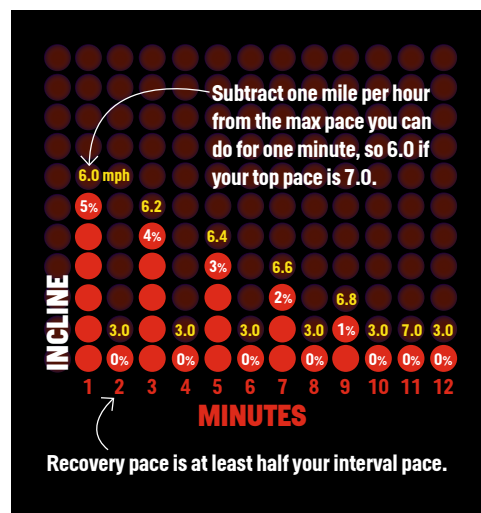
Time to channel  
your inner  
Black Swan

## FITNESS BUZZ BALLERINA BEAUTIFUL

Yes, ballerinas are athletes, too: A British study found that members of the Royal Ballet in the UK scored higher on most fitness tests against members of the British Olympic Swimming squad. Get long, limber, and strong ASAP by enrolling in the Ballet Philippines Fitness Program at SM Aura Premier ([ballet.ph/school](http://ballet.ph/school)). A series of exercises based on classical ballet technique will build your strength while shaping your muscles and improving your coordination as well.

## You're Using the Treadmill Wrong

Instead of going faster, go higher. "Increasing the slope is the most efficient way to maximize calorie burn in a short time," says trainer David Siik, who created the Precision Running Program at Equinox Gym NYC. You'll work more muscles in your butt and legs too—and it'll show. Siik designed this 12-minute program just for Cosmo.



## You Can't Out-Run A Bad Diet

Trying to lose weight? Before you even get started on an exercise routine, cut the sugar and carbs and stick to the good fat and proteins—calories from sugar promote fat storage and hunger, while fat calories make you feel full and keep your appetites satisfied. New evidence shows an average person's calorie-filled diets are worse for your body than lack of exercise, alcohol, and smoking combined. If that isn't enough motivation, studies have found that cutting down on carbohydrates is the single most effective approach to treating diabetes.

SOURCE: THE BRITISH JOURNAL OF SPORTS MEDICINE



## GODDESS ROLL

Kneel on the floor, balancing on your shins, with torso straight. Raise arms overhead and clasp hands so arms make a circle shape. Use your abs to roll your pelvis slowly and sensually in a big circle, as though you're cleaning out the inside of a bowl with your hips. Do 16 rolls, then change directions. Rest; repeat until song ends.

**SUGGESTED SONG** "Drunk in Love," by Beyoncé



## HELICOPTER

**1** Kneel on the floor, balancing on your shins, with torso straight. Raise straightened arms to shoulder height to make a T shape.  
**2** Keeping arms straight, twist your torso to the right and touch your right hand to your right heel (left arm will naturally rise up). Pause, then come back to middle. Repeat to left. That's one rep. Do 16 reps. Rest; repeat until song ends.

**SUGGESTED SONG** "Pour It Up," by Rihanna



# WORKOUT DAMN, YOUR ABS LOOK GOOD

Move your hips in ways you thought were only for the bedroom in this workout designed by CosmoBody trainer Katia Pryce (that's her and her abs, at right). Cue up Katia's tunes, and do the routine two or three times a week for your sexiest abs ever.

## THE MICHAEL JACKSON

**1** Stand with feet hip-width apart, hands on hips. Point right arm toward ceiling so elbow is at eye level. Meanwhile, twist on the ball of right foot and look toward right hand.  
**2** Like a standing crunch, bend right elbow and bring it to right hip. That's one rep. Do 8 reps slowly, then 8 reps pulsing quickly. Repeat on other side. Rest; repeat until song ends.

**SUGGESTED SONG** "No Mediocre," by T.I.



## AIM HIGH

**1** Sit on floor, then recline your torso to a 45-degree angle, balancing on your forearms. Point toes and raise straightened legs toward ceiling.  
**2** Without changing the position of your torso, bend knees to 90 degrees.  
**3** Now straighten legs and extend forward, so feet are a few inches off the floor. Finally, extend legs back to ceiling without letting feet touch floor. That's one rep; do 15. Rest; repeat until song ends.

**SUGGESTED SONG** "Fancy," by Iggy Azalea





# The Cosmo Girl's Guide to HEALTHY FOOD



## THE PLAN: The Six-Pack Chef's Project Fat Loss

(thesixpackchef.ph)

**WHAT IT IS:** A five-day per week, high-protein, low-carb program geared towards fitness-conscious customers. A muscle-building program for bulking up is also available.

**WEIGHT LOSS STRATEGY:** Reduce total carbohydrate intake (by minimizing sugar and starch) and replace it with healthy fats and protein; avoid processed oils and meats, starch, and artificial ingredients.

**CALORIES/DAY:** 1,000 to 1,500

**COST:** P3,500 for 5 days + delivery charge, delivered every night.

**YOUR DAILY GRUB:** 3 meals a day + 1 snack

Big servings of steamed, grilled, or baked meat; a vegetable dish, and no rice, bread or pasta (substitutes are cauliflower for rice; sweet potato for gratin; zucchini or squash "noodles" for pasta).

**TASTE & SATIETY RATING:** ★★★★★

**WATCH OUT FOR:** Carb deprivation. Some snacks, like cherry tomatoes or cucumber salad, often in tiny amounts, may leave you unsatisfied and low on energy.

**CHOOSE THIS IF...** You're already a healthy eater. You get a daily text of the science behind your meals from the chef who is also a US-certified fitness trainer with the American Council on Exercise.

**TESTER SAYS:** "I'm very particular about what I eat and how it's made, so I loved getting the daily meal descriptions. The main meals were very good, but *merienda* time was always a struggle because the snacks always felt *bitin*." —Trisha Bautista, editorial assistant



## THE PLAN:

## Healthy Eats Manila

(facebook.com/HealthyEatsMNL)

**WHAT IT IS:** A seven-day per week program that uses organic ingredients with low fat and sodium content, and no MSG. All meals are calorie-counted, and you can choose among four different programs depending on your build, level of activity, and nutritional goal.

**WEIGHT LOSS STRATEGY:** Eat only healthy, organic food monitored for portions and calories.

**CALORIES/DAY:** 1,200

**COST:** P2,800 for 7 days + delivery charge, delivered every morning

**YOUR DAILY GRUB:** 3 meals a day + 1 snack

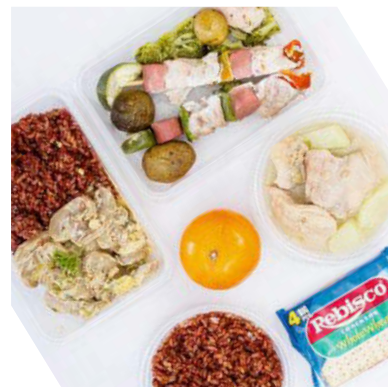
Meals cover all food groups including good carbs (brown rice, pasta, and whole wheat bread) so you don't feel deprived. You also get a bottle of organic, fresh cold-pressed juice and a lot of fresh fruits as snacks to satisfy your sweet tooth.

**TASTE & SATIETY RATING:** ★★★★★

**WATCH OUT FOR:** Weekends and a busy social calendar. To make the most of the program, you'll have to forego eating out for a couple of weeks.

**CHOOSE THIS IF...** You love your carbs and would rather eat smaller amounts of healthy food than cut out food groups.

**TESTER SAYS:** "I lost four pounds even without exercise and a few cheat days! Having a prescribed meal helped me become more aware of what 1,200 calories looks like." —Agoo Bengzon, beauty director-at-large



## THE PLAN:

## Yummy Diet

(facebook.com/yummydietph)

**WHAT IT IS:** A five-day per week program offering choices of 1,200, 1,500, or 1,800 calories per day. The basic program is 1,200 calories per day with a balance of protein, carbohydrates, and vegetables; but you can opt for a no-carb or a no-rice plan.

**WEIGHT LOSS STRATEGY:** Monitor food intake with a strict calorie count.

**CALORIES/DAY:** 1,500

**COST:** P2,150 for 5 days, delivered every morning

**YOUR DAILY GRUB:** 3 meals a day + 1 snack

Tasty, familiar *lutong-bahay*-style meals in smaller portions and with measured carbohydrates. Breakfast is very filling, keeping you full for longer throughout the day.

**TASTE & SATIETY RATING:** ★★★★★

**WATCH OUT FOR:** Processed carbohydrates (like store-bought crackers) and instant coffee. Not for the very health-conscious.

**CHOOSE THIS IF...** You love Pinoy home cooking and snacks but are always on the go. At the start of the week, you'll get a packet of utensils, five teabags, five sachets of coffee, and napkins, making it very convenient to stay on track.

**TESTER SAYS:** "The breakfasts were always exceptionally good! I learned the importance of the first meal of the day—it took away my cravings and would keep me full all morning."

—Mich Lagdameo, managing editor



# DELIVERY

The Cosmo staff road-tests six of the newest healthy food delivery services in the scene.

## SPECIALTY PROGRAMS



### THE PLAN:

#### Lunchbox Diet

(facebook.com/lunchboxdietph)

**WHAT IT IS:** A five-day per week program offering options ranging from 1,200 to 2,000 calories per day, with special request options eliminating beef, carbs, chicken, eggs, pork, or seafood; “less one meal,” or “no snacks” options; and a night shift delivery schedule.

**WEIGHT LOSS STRATEGY:** Monitor food intake with a strict calorie count while allowing for a flexible schedule.

**CALORIES/DAY:** 1,200 to 1,500

**COST:** ₱ 2,000 for 5 days + delivery charge, delivered every morning

**YOUR DAILY GRUB:** 3 meals a day + 1 snack

Each meal consists of a viand and red or brown rice. Portions are generous with a variety of flavors from different cuisines. Snacks are filling and won’t make you feel like you’re on a diet.

**TASTE & SATIETY RATING:** ★★★★★

**WATCH OUT FOR:** If you don’t like “diet food,” you might not like some meals that lack taste and flavor. The snacks are a mix of fresh fruits and packaged, processed food like flavored yogurt and salty crackers—not the healthiest choices.

**CHOOSE THIS IF...** You want to avoid eating fast food and convenience store meals, especially if you work the night shift.

**TESTER SAYS:** “The meals were generally good, but there were a number of times I felt like the meals were tasteless and lacking in flavor.”

—Happy Lopez, fashion editor



### THE PLAN:

#### Go Paleo

(facebook.com/goPaleobyLarissa)

**WHAT IT IS:** A three-day plan that follows the Paleolithic diet: high-protein, low-carb, high-fiber (but not from grains or starch), low-sodium, high-potassium.

**WEIGHT LOSS STRATEGY:** Eat what our pre-agricultural caveman ancestors ate: animal protein, eggs, nuts, veggies, and fruits, without any grains or legumes, sugar or processed foods.

**CALORIES/DAY:** 1,500

**COST:** ₱ 1,450 for 3 days delivered every three days in the morning.

**YOUR DAILY GRUB:** 3 meals a day

Big servings of Paleo meals made from scratch—special squash “pasta,” bacon “rice,” and lots of hearty stews combining proteins and fruits.

**TASTE & SATIETY RATING:** ★★★★★

**WATCH OUT FOR:** Since meals are made and delivered only every three days, you have to refrigerate ASAP to keep them fresh. Meals for the third day might be spoiled by the time you consume them.

**CHOOSE THIS IF...** You’re not in love with starch, or engage in intense physical activities and heavy lifting. The Paleo diet is protein-based and suitable for building muscle and burning fat.

**TESTER SAYS:** “The portions were too big, especially since I’m not used to eating that much protein. The food often felt too heavy. Sometimes I felt that different dishes tasted alike, even when they were made from different meats.”

—Hazel Malagonio, art director



### THE PLAN:

#### V Kitchen Manila

(facebook.com/Vkitchen.Manila)

**WHAT IT IS:** A five-day per week vegetarian program (no meat, chicken, fish, eggs, gluten, wheat, or dairy). Vegan and Superfood (chia seeds, maca, hemp, spirulina, kale) options are also available.

**WEIGHT LOSS STRATEGY:** Eliminate animal protein, artificial ingredients, and preservatives and sticking to just natural and organic plant products.

**CALORIES/DAY:** 1,200

**COST:** ₱ 2,750 for 5 days delivered every morning

**YOUR DAILY GRUB:** 3 meals a day + 1 snack

Substantial servings of creatively executed dishes made from natural plant ingredients. Uses mushrooms, lentils, and tofu for protein; sweet potato, millet and quinoa for carbs. So tasty, you won’t miss the meat!

**TASTE & SATIETY RATING:** ★★★★★

**WATCH OUT FOR:** If you’re new to going without animal protein, you might feel weak at first. The servings are very generous and the program is predominantly carbs.

**CHOOSE THIS IF...** You love vegetables or are physically and mentally ready to let go of meat. The most customizable program: they’ll work around food intolerances.

**TESTER SAYS:** “I got the vegan option and everything was delicious! I’m pescovegetarian, and I didn’t miss eating seafood or go hungry. I was excited to eat every day. I think I ate too much, though—and even if I specified my food intolerances, I wasn’t able to debloat.”

—Myrza Sison, editorial director



## Breezy Style

Casual lifestyle brand Jeanswest finally makes its debut in the Philippine market. The Jeanswest line of men and women's apparel takes a fun, casual approach to the season's trendiest pieces, making it a perfect fit for the young Pinay's on-the-go lifestyle.

Jeanswest is available at select Robinsons Department Stores. Visit a Robinsons Department Store near you or check out [www.robinsonsddepartmentstore.com.ph](http://www.robinsonsddepartmentstore.com.ph). For more details, like them at [facebook.com/RobinsonsDepartmentStore](https://www.facebook.com/RobinsonsDepartmentStore) and follow them on Twitter @RobinsonsStore.



JEANSWEST

Robinsons  
Department Store



## FUN fab FINDS

Stay pretty and  
fab with these  
picks!



## Dark Days Are Over

If dark underarms are preventing you from raising your arms and reaching for the LRT handrails (among other things), then it's probably time to get a better deodorant. Silka, known for its natural and whitening skin care products, has a wide range of deos that not only combat odor and wetness, but also offer the same whitening benefits for your underarms. You'll be able to move with ease and go about your day worry-free, all thanks to Silka.

Available at leading department stores, supermarkets, and personal care stores. Like them at [facebook.com/SilkaSkincare](https://www.facebook.com/SilkaSkincare) and follow them on Instagram and Twitter @Silkaskincare.



Careline

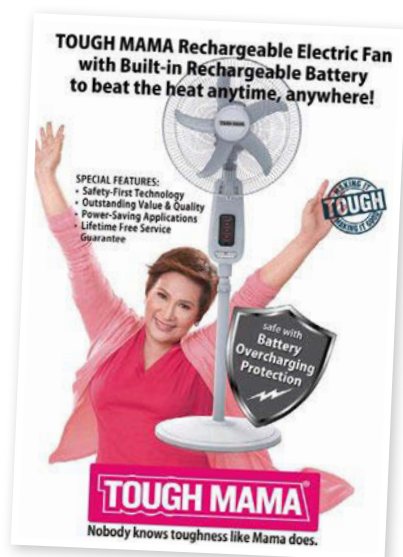
## Face Time

A Cosmo girl never underestimates the importance of a morning makeup routine! For a smooth base, start your grooming sesh with Careline BB Cream. It covers up blemishes

and dark spots while keeping your face soft and moisturized. Next, bring back your natural glow with Careline Oil Control Blush-On. With 10 shades to choose from, you can go from neutral to fresh with just a few strokes. Finally, for long-lasting color, coat your lips with Careline Magic Lipstick. Trust us, expertly-applied makeup will make everyone sit up and take notice.

## Double Take

Dabble in makeup artistry with the new Revlon PhotoReady Eye Art Lid + Line + Lash – dual-ended liquid shadows that sparkle and shine for a look that's all your own. You control the look you want, and how you want to wear it. Go bold, go glam, go bling, it's all in your hands. Revlon PhotoReady Eye Art Lid + Line + Lash contains creamy, easy-to-blend shadow in one end and brilliant sparkle in the other. Use them alone or paired together for a bold eye statement. Available in 10 distinctive duos.



## Fan Club

Don't let the heat and humidity get the best of you. With the Tough Mama Rechargeable Electric Fan, you can outlast whatever crazy weather the skies have in store for you. The fan has a built-in rechargeable battery that allows you to beat the heat anytime, anywhere. The fan also comes with battery overcharging protection and power-saving applications for added safety. So turn on the Tough Mama Rechargeable Electric Fan and prepare to get blown away!



# LIVE IT UP!

Hang the purse you love and use most on a hook on the door.

Store items you don't use as much (suitcase, pet carrier) higher up.

## FEEL BETTER WITH LESS STUFF

For a relaxed, sexy life, consider stripping down.

Make your closet work for you with customizable shelves from Howard's Storage World.

Open bins are great for utility items like umbrellas, dog leashes, and reusable totes.

Show your shoes some respect: Put them on a rack, not in a pile on the floor.



**FACING MY CLOSET** each morning made me anxious. Getting dressed was like sorting through the clearance rack—a chaotic mix of sparkly knits, tee shirts, and denim. Once, I got knocked out by one of my own shoes.

I swear I'm not a shopaholic. I just bought things, and they added up. Literally. I felt sick as I tallied the small fortune of items—from my prized Miu Miu bag perched on the shelf to the H&M impulse buys that were everywhere (how many iPhone cases does a girl need?)—when regret and shopping-shame set in. I was suffocating.

I'm not alone, says James Wallman, author of the recent book *Stuffocation* (a term he coined).

"We have more possessions than we can cope with or continue to afford, and it's not necessarily making us happier," he says.

Retail therapy doesn't last, says Robin Zasio, PsyD, director of the Anxiety Treatment Center in Sacramento, California. "Shortly after you make a purchase, you're left with something that creates emotional clutter and stresses you out."

Who needs that? It was time to destuffocate. I marched over with a Glad bag, and in went anything I hadn't worn in a year, no longer fit, or I didn't actually like. It was a high.

I'm now able to prioritize—instead of buying a bunch of tops, I buy one that I'd actually tack to my Pinterest board. And by selling some old pieces on eBay and at consignment shops, I've made enough to cover a trip to London to see some pals. Turns out, when my piles of stuff got smaller, my life actually got bigger.

Carve out a nook  
where you get  
shit done.



## It's Not a Desk, It's a Command Center

- |   |   |  |  |
|---|---|--|--|
| <b>1. FILE IT AWAY</b><br>Bills, catalogs, and magazines tend to sprawl out or pile up. Keep papers in an organizer, and deal with them as soon as you can. | <b>2. GRAB AND GO</b><br>Phone, wallet, keys, lip balm: If you have a place for them, you won't be looking everywhere to find them. | <b>3. TAKE CHARGE</b><br>Install a charging station, says organizing expert Jeffrey Phillip, so your devices will stay juiced up all day, every day. | <b>4. GIVE IT STYLE</b><br>Put up your favorite photos, plug in a cute desk lamp, and you've gone from functional to fun to look at. |
|---|---|--|--|

**HOW DO YOU SAY BYE?** The first rule of decluttering: You have to get rid of things in order to get organized. Marie Kondo, the Martha Stewart of Japan and author of *The Life-Changing Magic of Tidying Up*, has helped thousands of people work through the heart-wrenching process of deciding what to keep and what to toss. (The struggle is real.) Here are six questions to ask yourself.

Does  
this spark  
joy?

Why do I have this item?

Am I  
keeping  
this just  
because?

Do I want  
to see this  
again?

Do I  
need this  
to be  
happy?

Has this  
outlived its  
purpose?



# If there's one thing you should...



## WATCH

### SINGING IN THE RAIN

[ticketworld.com.ph](http://ticketworld.com.ph)  
(opens August 20, 2015)  
MGM's 1952 classic takes center stage this 2015. After a sold-out season in the West End and a successful UK tour, the Olivier Award-winning musical is set to delight Philippine audiences in August for a limited season only. This spectacular production is packed with the charm, romance, comedy and old Hollywood glamour of one of the world's best-loved movies, complete with the unforgettable soundtrack.



## READ

### BEST COOKBOOK EVER

Crate and Barrel

Whether you like it or not, part of #RealLife is learning how to feed yourself. Get started by reading up on the basics, thanks to this dummy-proof guide to getting acquainted with the kitchen. You might just discover your inner Nigella Lawson along the way.

## HOT HANGOUT

### TORCH

(Connecticut street, Greenbelt 5, Trinoma, UP Town Center)

We all need a little mid-week stress-buster sometimes. Whether you're catching up with old friends, celebrating career milestones, or dealing with a tough work situation, a glass of vino is always a good idea. Head to Torch for Unli-Wine weeknights—it's easy on the wallet *and* on the waistline (a new study claims a glass of wine is equal to an hour at the gym!). Make sure you sample their hearty dishes like the Salpicão Medallion and Panizza before you start on the booze—you wouldn't want to deal with a hangover tomorrow A.M.

## LISTEN TO

### FIFTY SHADES OF GRAY SOUNDTRACK

From Frank Sinatra to Ellie Goulding, the steamy movie's soundtrack is a brilliant mix of old, new, remixes, and covers, that somehow make sense in one album.



The Steak Medallion (P479.95) is perfect with a glass of red wine



## WATCH

### MISSION IMPOSSIBLE: ROGUE NATION

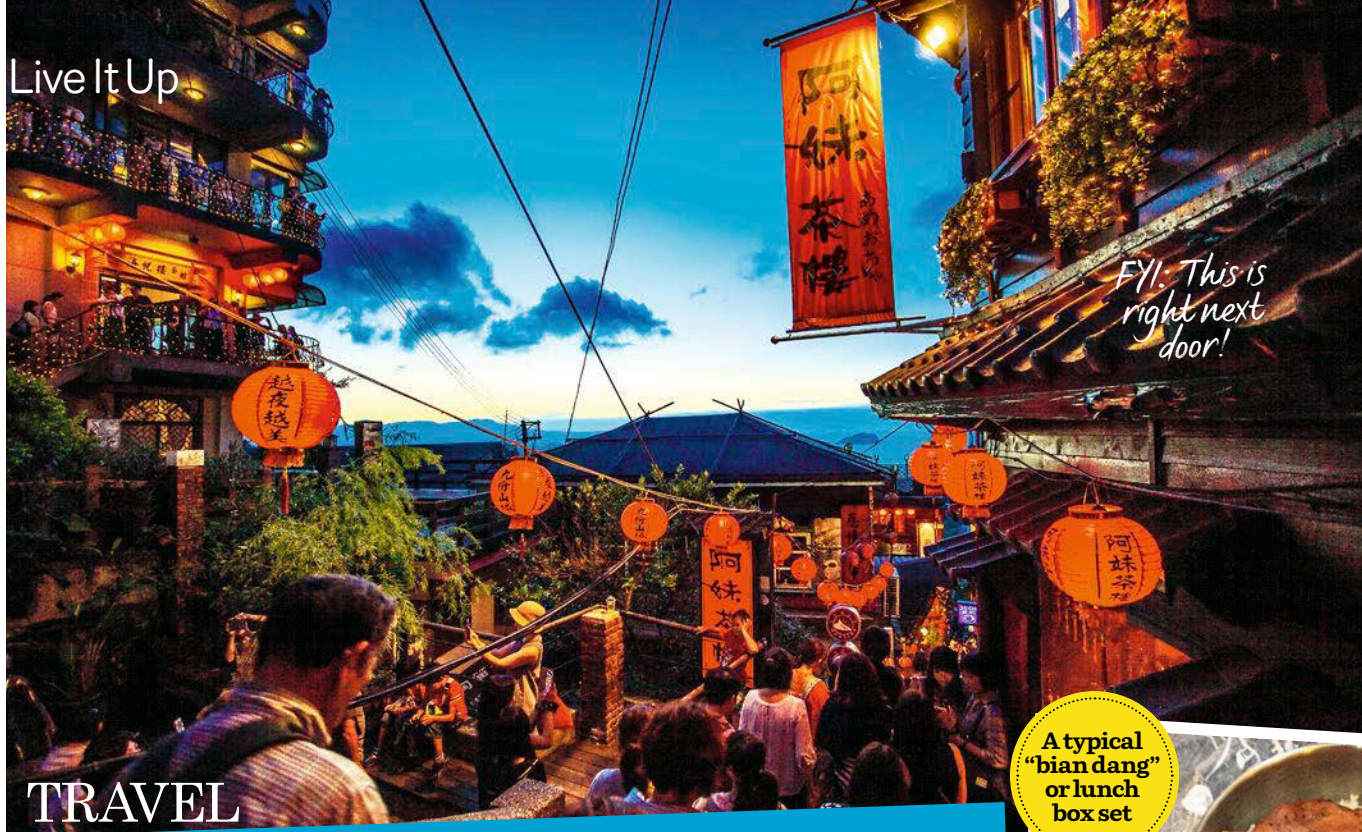
July 31

The unbeatable Tom Cruise is back with his team as he fights his biggest obstacle yet—the Syndicate, an international organization bent on destroying the IMF.



(TEXT) TRISHA BAUTISTA. (PHOTOS)(READ) LOUIE AGUIBALDO. (SINGING IN THE RAIN) COURTESY OF CONCERTUS MANILA. (MISSION IMPOSSIBLE) COURTESY OF PARAMOUNT PICTURES. (TORCH) COURTESY OF TORCH.





TRAVEL

# #TAIWANahavefun

Planning to head somewhere solo? Hop over to our nearest neighbor for an adventure filled with traditional folk culture, modern art, and fantastic food. This island nation is a hidden gem—and it's all yours to discover.

What was once part of the ancient Chinese empire is now a highly urbanized melting pot of culture from its Asian neighbors and former Dutch and Portuguese invaders. It's a must-see for any culture vulture, but what makes Taiwan a totally doable solo trip is their super organized public transportation systems, friendly locals, affordable prices, and excellent shopping deals.

## WHAT YOU'LL DISCOVER: FOODIE PARADISE

Satisfy your craving for stinky tofu, oyster omelets, beef noodles, fresh seafood, dumplings, porridge, and bubble tea here, because Taiwan is considered the Food Capital of the East—the food culture of settlers from Fujian and Guangdong, merchant trade with the Japanese, and the island's aboriginal cultures brought together create a unique mix of flavors.

## NIGHT MARKETS

The famous pedestrian-only night markets with hordes of clothing, trinkets, electronics and “xiao chi” or traditional snacks are everywhere. Overwhelmed and don't know where to start? Look for the longest line and queue up! The locals know where to eat and if the food is amazing, chances are there's a line of at least 30 people waiting to grab a bite.



Haggle heaven!

A typical  
“bian dang”  
or lunch  
box set



Long Dream Exhibit  
at Huashan 1914  
Creative Park



## CREATIVE HUB

Taiwan has been restoring abandoned factories and warehouses and converting them into creative parks to cultivate creative talent and support local culture. These centers with vast, open spaces, high ceilings, and abundant natural lighting often host the country's most significant cultural activities and design exhibitions, so they're definite must-visits.





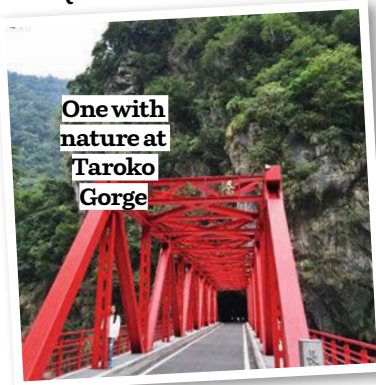
Dessert heaven at Miyahara

## CAN'T MISS: TAROKO GORGE

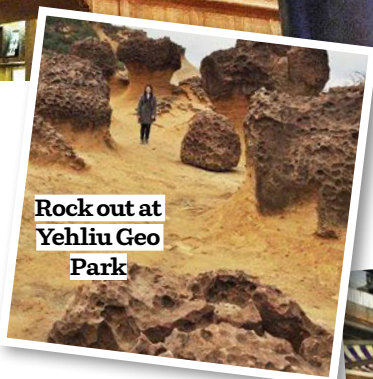
Also known as “The Marble Gorge”, this national park was formed through the erosion of marble by the path of the Liwu River over millions of years. (Tip: Borrow a helmet for free from the visiting center at the entrance of the park to protect yourself from falling rocks.) Due to the geological nature of the area, make sure to check the park website before you visit as trails might be closed due to serious rock fall.

## YEHLIU GEO PARK

At this park, a number of grotesque, sea-eroded rocks have been given imaginative names based on their shapes. The most popular (and IG-worthy) one is the **Nü Wang Tou and the Queen's Head**.



One with nature at Taroko Gorge



Rock out at Yehliu Geo Park

## HUALIEN STONE STAIRCASE

The shoreline at **Shitiping** was formed when volcanic rock smoothed by sea erosion settled into natural stone steps. Diverse coastal vegetation and sea life make this a cool place to trip out on nature. There's a camp ground where you can spend the night for the full experience.

## KAOHSIUNG MAIN PUBLIC LIBRARY

This unique structure is a famous architectural innovation. Constructed from top to bottom, this column-less, cube-like indoor space is total library porn!

## MIYAHARA

Drop by this historical building-turned heavenly dessert shop to get a sugar rush and to shop for tasty *pasalubong*.

## WHAT TO DO:

### SEND OUT SKY LANTERNS

A **Sky Lantern Festival** is held every 15th day of the Lunar New Year and thousands of locals and tourists participate in writing wishes on huge lanterns and sending them to the sky. **Pingxi** and **Shifen** are two of the most famous spots for the ritual of releasing these symbolic lanterns.

### CAFÉ HOPPING

Who doesn't love a great cup of coffee? With the countless number of trendy, chic cafés around Taipei, getting your daily dose of caffeine becomes both a breeze and a daily adventure. Take the MRT blue line to Zhongxiao Xinshe station and change to the yellow line to Dongmen Station and take Exit 3. Start your café adventure series at the dining destination du jour—**Yong Kang Street**. Make sure you drop by **For Good Cafe** ([facebook.com/ForGoodCafe](https://www.facebook.com/ForGoodCafe)) for a cup of Flat White.



Just let it all go...



Crazy for coffee at For Good Cafe

## WHERE TO STAY:

Taiwan is famous for their excellent accommodations for reasonable prices. Instead of spending money on expensive hotels, save cash while meeting people from all over the world and stay in hostels and B&B's for an enriching travel experience. Check out **Home Walk Guesthouse** ([homewalk.info](http://homewalk.info)) and **Formosa 101 Hostel** ([hostelformosa.com](http://hostelformosa.com)).

## STAY CONNECTED:

Go to the nearest mobile service center, present your passport for the visa

number, and purchase an unlimited 3-G data sim card for a reasonable price (450 NTD for 7 days.)

## HEAD OUT:

Maximize your Taiwan stay by going beyond the capital to **New Taipei City, Hualien, Taidung, Kaohsiung, Taichung, Tainan, and Yilan**. Thanks to the high speed train and overnight buses, getting around is easy. Don't worry about getting lost—the Taiwanese are incredibly friendly, and will help you find your way with no fuss and in zero time.



## AT YOUR PLACE

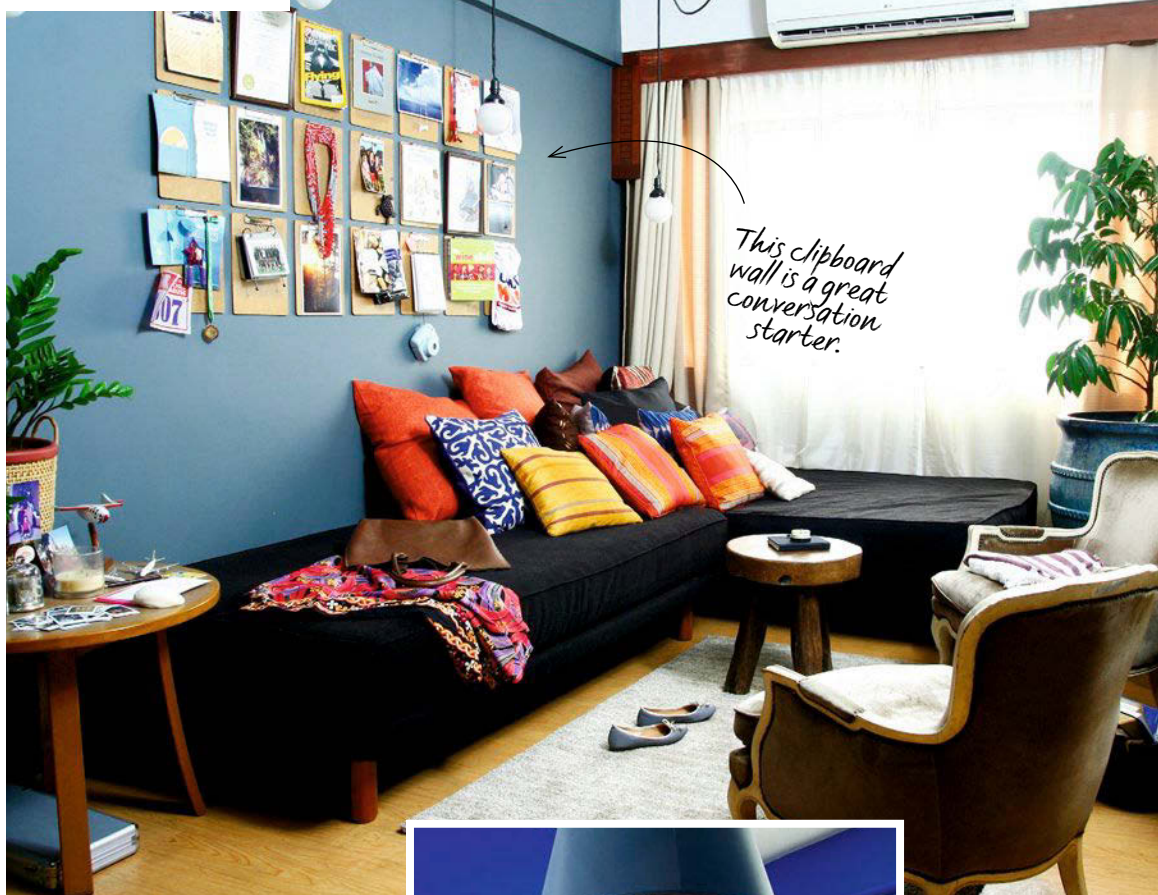
# DECORATING TIPS FROM A COSMO GIRL

Steph Tan

A limited budget didn't deter this development worker from creating the condo of her dreams.



**Get creative with wall treatments.** "Since I just rent this unit, I didn't want to put anything permanent on the walls. The only thing I could commit to installing was the light fixtures. I told my designer Brenda Tan that I wanted to have the freedom to change up whatever we put on the walls. So she had the idea of using clipboards, which totally works! I once even clipped a bag of chocolate-covered berries so my guests could easily get some for themselves."



*This clipboard wall is a great conversation starter.*



*Simple furnishings and decor pop against a cool neutral wall color*

### Use a masculine palette for a change.

"I worked with designer-friend Brenda Tan, who helped me pick the colors of my walls. I prefer masculine colors and showed her the painting in my dining room, which established the palette for the whole condo," shares the 30-year-old climate-justice activist.



**Add organic and natural elements.** "Brenda gave me this *banig* that was woven by members of a small community in Samar," recalls Steph. "I'm also very much into plants!" Steph's one-bedroom unit receives plenty of sunlight, making it conducive to grow and maintain large plants.



**Flaunt your interests.** Steph has stacks of books piled all over the unit, often topped with plants that she cares for herself. A woven box functions as both storage and landing spot for Steph's guitar.



**Bring back your childhood.** "My lolo gave me the Yamaha piano when I was 8, so I definitely wanted to bring it with me. I didn't have much of a budget when I moved here, and the only furniture pieces I paid for are the dining table and benches, my vanity bureau, the big blue planter, and the lights. Everything else either came with the unit or are hand-me-downs from my parents."

**Make a case for possession-obsession.** "I'm an earrings girl!" Steph exclaims. She hangs them from a silkscreen frame, inadvertently adding a punch of color on one side of her bedroom. The twin cacti are a gift from twin friends. "They told me, 'Every time you see them, you'll remember us!'"



## Get the Look...

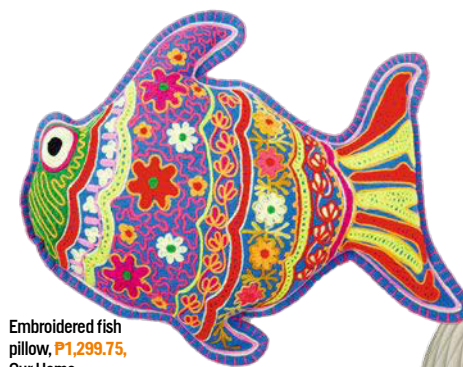
"Happy Thoughts" by Dindi and Dato Manlapaz, **price available upon request**, [likhangbata.weebly.com](http://likhangbata.weebly.com).



Wooden vase, **P3,499.75**, and Orchid leaves, **P199.75**, Our Home.

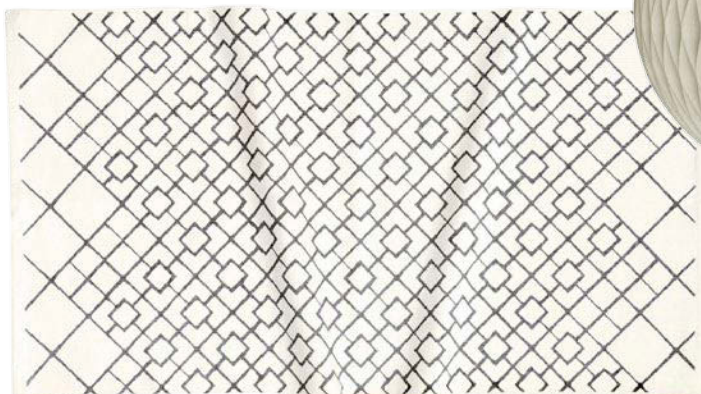


Woven plant holder, **P699**, H&M.



Embroidered fish pillow, **P1,299.75**, Our Home.

Paper lantern, **P499**, H&M.



Rug, **P1,490**, H&M.



**Protein Power Bowl**

quinoa + chickpeas  
+ carrots + mixed mushrooms + herbs  
+ bean sprouts + tahini dressing



**Enlightened Bowl**

black rice + agedashi tofu  
+ mixed seeds + lettuce  
+ cucumber + pickled onion + edamame beans  
+ shiitake mushrooms + teriyaki glaze + ginger-miso dressing



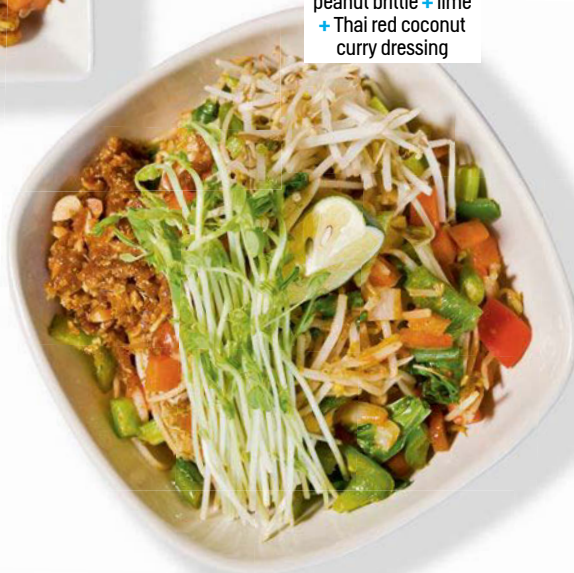
**Goddess Bowl**

millet + bok choy + spinach + tomatoes  
+ Baguio beans + sunflower seeds + miso dressing



**Buddha Bowl**

organic brown rice  
+ mixed vegetables  
+ pea sprouts + peanut brittle + lime  
+ Thai red coconut curry dressing



# WHIP IT UP POWER PLAY

Need an energy boost? Turn to nutritious power bowls to help you blaze through any grueling day.

**Geisha Bowl**

organic brown rice + cucumber + tomatoes + onions  
+ roasted tofu + katsuboshi + leeks + sesame soy dressing



**MAKE YOUR ONE-BOWL WONDER AT HOME**

The Wholesome Table's Bianca Elizalde's tips on how to make power bowls from pantry staples.

**1 Choose a flavor profile** and make a dressing out of it. Want to go Asian? Make a sauce using miso, teriyaki, or curry.

**2 Select a grain** (quinoa, rice, barley, wheat, oats) that complements the flavor and weight of your dressing. Lighter grains such as millet will get soggy with a heavy sauce, so pair those with lighter dressings.

**3 Add veggies and superfoods** you like: think kale, cauliflower, avocados. But don't just include everything you want; make sure the flavors work well together.

**4 Pick a protein** like chicken, beef, or seafood. If you're vegetarian, add tofu, soy beans, chickpeas, or eggs.

**5 Consider the overall texture** of your bowl: have a bit of chew, crunch, and creamy tossed in there.

**6 Use fresh ingredients** good for your body. Say no to MSG, sugar, food coloring, high fructose corn syrup, and other additives.



# Shopping Directory



## BEAUTY

**Art Deco** shop.beautybar.com.ph  
**Aveda** At Basement Salon in Shangri-La Plaza  
**Benefit** facebook.com/benefitcosmeticsphilippines  
**Burt's Bees** shop.beautybar.com.ph  
**Davines** facebook.com/DavinesPh  
**Deborah Lippman** rustans-thebeautysource.com  
**Dior** rustans-thebeautysource.com  
**Earth Therapeutics** shop.beautybar.com.ph  
**Etude House** etudehouse.ph  
**eva nyc** shop.beautybar.com.ph  
**Ever Bilena** At supermarkets  
**Fran Wilson** shop.beautybar.com.ph  
**Goody** At major department stores  
**Holika Holika** At SM Department stores  
**Inglot** inglotphilippines.com  
**Kérastase** societedekerastase.com/products.php  
**Laneige** facebook.com/laneigephilippines  
**Laura Mercier** rustans-thebeautysource.com  
**MAC** maccosmetics.com.ph  
**Mary Kay** marykay.com.ph  
**Max Factor** maxfactor.ph  
**Maybelline** At department stores and supermarkets  
**Nature Republic** facebook.com/naturerepublicphilippines  
**OPI** rustans-thebeautysource.com  
**Only** shoppurebeauty.com  
**Revlon** At major department stores and supermarkets

**Sally Hansen** At drugstores  
**Shiseido** facebook.com/ShiseidoPH  
**Shu Uemura** facebook.com/shuueamura.philippines  
**TheFaceShop** facebook.com/ThefaceshopPhilippines  
**Tony Moly** tonymoly.ph  
**Tresemme** tresemme.com.ph  
**Yadah** shop.beautybar.com.ph

## FASHION

**adidas** adidas.com.ph  
**Agatha** sslife.com.ph  
**Aranaz** aranaz.ph  
**Call It Spring** callitspring.com  
**Charles & Keith** charleskeith.com  
**Christopher Munar** (0920) 2345940  
**Daryl Maat** (0917) 5309508  
**Dr. Martens** facebook.com/DrMartensPH  
**Ever New** facebook.com/EverNewOfficial  
**F&F** sslife.com.ph  
**Forever 21** forever21.com  
**Guess** guess.com  
**H&M** hm.com  
**Lazada (LZD, Plantronics)** lazada.com.ph  
**Longchamp** longchamp.com  
**Mango** mango.com  
**Parfois** parfois.com  
**Promod** promod.com  
**Saucony** facebook.com/SauconyPhilippines  
**Shop & Wear** (0919) 355-5917  
**SM Department Store (SM Woman, Parisian, What Women Want)**

**smdeptstore.com**  
**Suiteblanco** suiteblanco.com  
**Topshop** topshop.com  
**Tumi** tumi.com  
**Under Armour** underarmour.com.ph  
**Uniqlo** uniqlo.com/ph  
**Zalora (CPS, Factorie, Chictes, Reebok, Nike, Allstar, Jean Lauie, Yogarat, New Balance, Asics, Something Borrowed, Panopio, Regatta, Daniel Wellington, Mia Casa, Timex)** zalora.com.ph  
**Zara** zara.com

## LIFESTYLE

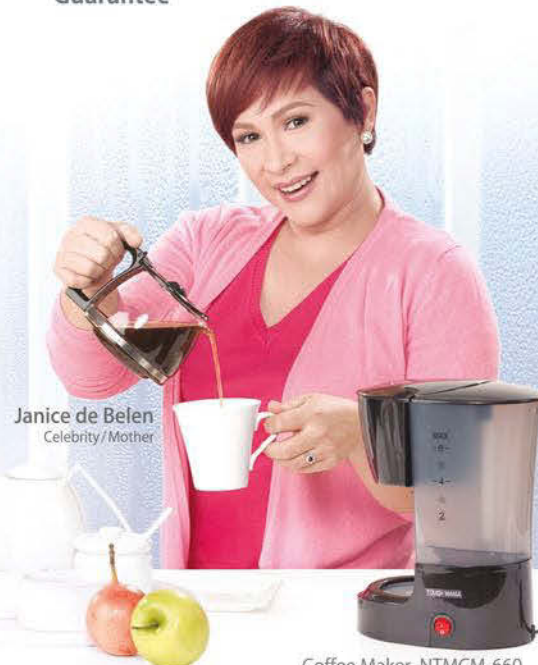
**adidas** adidas.com.ph  
**AVA** ava.ph  
**Burt's Bees** burtsbees.com.ph  
**CO/OP** facebook.com/COOPmanila  
**Daiso** At Robinsons Malls  
**Guess** guess.com  
**H&M Home** hm.com/ph  
**Jonathan Adler at National Book Store** nationalbookstore.com.ph  
**Kate Spade** katespade.com  
**OPI** rustans-thebeautysource.com  
**Mango** mango.com  
**Maybelline** At supermarkets and drugstores  
**Robinsons Department Store** robinsonsddepartmentstore.com.ph  
**Seek The Uniq** seektheuniq.com  
**The Lunch Break Project** facebook.com/thelbproject  
**Zalora (Something Borrowed)** zalora.com.ph

Umulan, bumagyo ayos lang...  
**because Tough Mama Knows Best!**

For a warm, comfy home during the rainy season, count on Tough Mama.

SPECIAL FEATURES:

- Safety-First Technology
- Outstanding Value & Quality
- Power-Saving Applications
- Lifetime Free Service Guarantee



Janice de Belen  
Celebrity / Mother

Coffee Maker NTMCM-660



Oven Toaster



Rice Cooker



Glass Blender



Crystal Induction Cooker

**TOUGH MAMA®**

Nobody knows toughness like Mama does.

Like us on Follow us on





# horoscope

GET A SNEAK PEEK AT WHAT TO LOOK FORWARD TO IN JULY.

BY AURORA TOWER @AuroraAstro



**RUFFA  
GUTIERREZ**  
06.24.1974

## CANCER / 06.21.–07.22

**STELLAR GIFTS** Everyone knows you're a true friend to lean on in tough times. Sometimes you overinvest in other people's personal business.

**INDULGENCE** A great meal with close friends is your favorite way to spend an evening.

**SEDUCTION STYLE** Quickies aren't out, but you're turned on by the long game. Romance is all about flowing music, warm candles, and lingering touches.

**YOUR MONTH** Your powers of intuition will be on overdrive early in the month, so pay close attention to your instincts. The time to put your senses to the test will come right away on the 1st. Get in the zone and put any new career plans into action.

**YOUR YEAR** Focus on the positive! This is a big year for change and transformation. Remembering what you do well will steer you in the right direction as you make your vision a reality.

**YOU NEED** A new hobby to capture your imagination.



Heels,  
Something  
Borrowed,  
Zalora.ph,  
P1,099.



## LEO

07.23–08.22

This is a big month for you, Leo! You'll be irresistible starting on the 1st. See which of your admirers really makes your heart flutter and then show him how you feel on the 22nd. Venus goes retrograde in your sign on the 25th, leaving you to consider how you'd like to grow as a person and a partner. **YOU NEED** To get real about your true desires. **THE LEO GUY** How about a bit of role- play this month? He needs a dis- traction as he faces big choices

Burt's Bees Intense Hydration Mask, P1,450.



## VIRGO

08.23–09.22

July is all about reconnecting with friends. Around the 6th, sparks might fly with one buddy in particular— explore the attraction! Come up for air after sensual Venus moves into your sign on the 18th and reevaluate the situation. **YOU NEED** To take a deep breath and trust your gut. Resolve any loose ends to make room for the new. **THE VIRGO GUY** Don't sweat it if he seems indecisive. The boy knows what he's got with you; let him show it.

Basket, H&M, P499.

best match

## TAURUS

You are loyal lovers who nurture each other in all ways. **Scorpio:** As passionate souls, you both create a safe space to reveal your innermost selves.



the cancer guy

**RAYVER CRUZ**

07.20.1989



**LOVES:** Keeping things mellow and easygoing with old friends.

**HATES:** Overly complicated and melodramatic scenes.

**DREAM DATE:** A family-style barbecue in the backyard where everyone is welcome.

**WIN HIM OVER:** By taking an active interest in his life and being supportive of his dreams and goals.



## LIBRA

09.23–10.22

Exciting career breakthroughs are on the way! The 5th is an ideal day to network. You'll be distracted by friendship troubles when Venus goes retrograde on the 25th, but don't waste time on someone who isn't trustworthy.

**YOU NEED** To stop worrying about everyone else and stand up for yourself around the 6th. **THE LIBRA GUY** Like any Libra, babe doesn't like conflict. Your wisdom will help him sort out a sitch at work.

Scarf, **Seek The UniQ**, ₱690.



## SCORPIO

10.23–11.21

This is the perfect month for a getaway. Skip town for a post-4th escapade and try some-thing new. Some daring may come in handy on the 14th for a major coup at work. Be confident and your ideas will prevail!

**YOU NEED** To reboot an old project. Don't assume the whole thing is a wash. **THE SCORPIO GUY** He's a man on a mission right now. Let him know you believe in him and all his many talents.

Bag, **Kate Spade**, price available upon request.



## SAGITTARIUS

11.22–12.21

You're in for a steamy, sexy month. Deviate from the norm on the 3rd—your best date night by far—and keep your adventurous spirit alive later that evening for a night that'll make your breath catch.

**YOU NEED:** A change of scenery. Try a new travel destination that's off the beaten path.

**THE SAGITTARIUS GUY:** Oh, baby. He's into bed-room experiments this month, so get your freak on and enjoy the ride!

Max Factor Creme Puff Blush in Lavish Mauve, ₱575.



## CAPRICORN

12.22–01.19

The Full Moon on the 1st is an epic night for love, and the rest of July follows romantic suit. Mars, Mercury, and the Sun will be in your zone of relationships. Sidestep conflict by going with the flow.

**YOU NEED:** To let go of old grudges, especially after the 25th.

**THE CAPRICORN GUY:** When he tries to impress you with his sensitive side, whisper into his ear how much you appreciate it—along with some naughtier notions.

Backpack, **Mango**, ₱2,950.



## AQUARIUS

01.20–02.18

Unveil the clever plans you've been cultivating at work on the 2nd. Then on the 12th, try a new hot spot. When the Full Moon arrives on the 31st, you'll have the opportunity to make a beeline from Chez New to chez you with someone sexy.

**YOU NEED** A more challenging fitness routine to keep your mind and body ready-for anything strong. **THE AQUARIUS GUY** Get his mind off the office by blowing... off some steam outdoors.

Sports bra, **Adidas**, ₱1,895.



## PISCES

02.19–03.20

Let your inner wild child roam free! She might ensnare an equally playful partner around the 1st or attract new suitors on the 8th. On that day, your creativity and charm will be at peak levels. Use those powers for (your) good!

**YOU NEED** To take a chance! This month, the odds are ever in your favor. **THE PISCES GUY** His zest for life is high this month. Relish trying new things together behind closed doors and out in the world.

Dress, **Mango**, ₱2,250.



## ARIES

04.21–05.21

Surprises at home can suck—but the ones coming your way are all good! When Mercury and your ruler, decisive Mars, meet on the 16th, all will click. **YOU NEED** A blast of fresh energy in your pad. Reorganize your furniture for a new vibe and decorate with fresh flowers.

**THE ARIES GUY** Your favorite body is in homebody mode this month. Let him know you're cool spending downtime with others... or just the two of you.

Tote bag, **H&M**, ₱699.



## TAURUS

04.21–05.21

Forget about Inbox Zero and do your best to make the most of all the social events ahead. After Venus goes retrograde on the 25th, take a breather by focusing on your home sphere—updating your nest will reinvigorate you. **YOU NEED** A productivity app that will ensure you make time for fun while you're busy ruling the world. **THE TAURUS GUY** His daybook is packed right now. Make sure his nights are just as arousing.

Clear app, **iTunes store**, \$4.99.



## GEMINI

5.22–6.20

You're on a roll at work. Mute the background noise, and watch for a big break on the 3rd. Your ruler, clever Mercury, moves into confident Leo on the 23rd, making it easy to turn nos into yesses. **YOU NEED** To stay focused, no matter how much a certain guy tries to distract you. **THE GEMINI GUY** Cheer him on as he finishes an intense project. He'll be so grateful, he'll be more than ready to shake your pom-poms.

Maybelline Volum' Express The Rocket Waterproof Mascara, ₱499.



# ARE YOU DATING A MAN-CHILD?

**1. You have a company party coming up, and he asks if he can be your plus one. Your first thought is:**

☐ **a.** Yaaa! Can't wait to show off my slightly more-vanilla Christian Grey.

☐ **b.** Hmmm. Is he just doing this to promote his latest app idea?

☐ **c.** He better not tell the CEO that gross joke about frog vaginas he saw on 9GAG.

**2. He's 15 minutes late for a double date. He arrives, panting, and explains:**

☐ **a.** "So sorry. Investors' meeting ran late."

☐ **b.** "So sorry. I got sidetracked by—look! A kitten!"

☐ **c.** "So sorry. I found the *Grand Theft Auto V* cheat codes for invincibility. Obviously, I couldn't leave!"

**3. When you ask your friends if they think he has his act together enough to date you, their facial expression says:**

☐ **a.** Um, he has a black Lab and matching French-country china, so yes.

☐ **b.** Kanye shrug.

☐ **c.** My answer to this might end our friendship.

**4. He thinks the penal code is**

☐ **a.** Something everyone should have a basic knowledge of.

☐ **b.** Something he should probably call his dad and ask about.

☐ **c.** Bro-speak for hooking up.

**5. The biggest fight you ever had was over:**

☐ **a.** Whether he should invest his 13th month pay in mutual funds or in stocks.

☐ **b.** His indecision on whether he should go to law school or be a tech writer... or maybe be a nude model.

☐ **c.** That time he binge-watched *Game of Thrones* while you did his laundry.

**Do you have to babysit your BF?**

## THE BREAKDOWN

### MOSTLY As: **Steady Superman**

Great job, nice place, manners—this guy's an Instant Husband, just add water. He rocks your mom's world, but does he rock yours? In ways besides punctuality? Remind him that spontaneity can be fun. As long as it's not sex at the Apple Store.

### MOSTLY Bs: **Attention-Deficit Dude**

He's not a couch potato, but he's still searching for his passion. Until he finds it, he'll be all over the map. As you cheer on his band/improv/blog, consider positive reinforcement to steer his swerving ambition toward something practical.

### MOSTLY Cs: **Apatowian Male**

This guy operates on a sixth-grade maturity level. He can barely wash a dish, let alone get a job. His laissez-faire approach to adulthood can be refreshing, but if nothing changes soon, homeboy deserves to Benjamin Button into infancy—alone.



# Get your white back in an instant



Also Available

ASC Clearance No. S140P061615S





#DontCrackUnderPressure



**TAG Heuer**

SWISS AVANT-GARDE SINCE 1860

**AQUARACER CALIBRE 5**

Jeremy Lin works tirelessly day in and day out, his success was not by chance, but in many ways "against all odds". Why is his story so inspiring? Because, like TAG Heuer, he pays no attention to naysayers. He refuses limits. He never quits. He never cracks under pressure.

Official Service Center: **WATCHWORKS.**

2/F ALI MALL, Araneta Center, Quezon City

G/F AYALA CENTER CEBU, Cebu Business Park, Cebu City



SMART  
LIVE MORE

# MOVE

M A G A Z I N E

## SURF WITH ONLY THE BEST!

Get the plan that lets you be the best version of you.

## 5 WAYS CLASH OF CLANS CHANGED OUR LIVES

Yes, it has and we know you can relate. So read on.

## TRAVEL THE WORLD WORRY-FREE!

Consider these apps your reliable travel besties powered by Smart.



Watch The Vampire Diaries on iflix.

Live the  
**SMART LIFE!**

Get entertainment  
wherever you go!



## TOP 5 MUST-HAVE APPS FOR YOUR ON-THE-GO LIFESTYLE

Stay updated with what's hot and in style.



# Stay Hydrated

"What's the TV series you're watching right now?"

This is a question that would usually pop up in my casual conversations with clients and friends.

I used to really enjoy answering it because I've always loved watching TV. But these past couple of years, my schedule as a tech blogger and digital marketing consultant has gotten a lot tighter and I'd often find myself having little to share in this regard.

Thankfully, I recently discovered this new mobile app called 'iflix' that lets me watch TV series and even movies on my smartphones and tablets. Powered by my fast and reliable LTE connection from Smart, this cool application allows me to enjoy these videos on-the-go, in between tech events and meetings with my partners, lag-free. There's also a web version of the service that I access using my laptop and my Smart LTE Pocket WiFi stick. With iflix, I can proudly say that I'm again updated about the latest and hottest TV series that are out there.

I've just started watching some episodes of Scandal (I can't believe I missed this show's initial run) using iflix and Smart LTE and I'm already smitten by Olivia Pope, a brilliant White House correspondent and crisis management expert being portrayed by Kerry Washington. (I'm naturally drawn to strong-willed, compassionate, and smart women; I guess because my mom is like that.) The latest episodes

of Marvel Agents of S.H.I.E.L.D. are also great. I grew up collecting Marvel cards and comics and I find their take on some superheroes I idolized as a kid very interesting.

So the next time somebody asks me that question, I'll finally have something new to talk about.



In this issue of Smart Move magazine, we'll share with you more information about iflix as well as other exciting apps like Spinnr and Viewstream that will keep you updated and entertained at the same time. All of these applications are part of the all-new Smart Life Flexibundle that you can avail of for only Php 299 per month and are backed-up and brought to life by the always reliable and blazing fast internet speeds of Smart LTE.

Whether you also need an app for watching new TV shows on your mobile devices or you're just looking for one that will perfectly complement your active lifestyle and unique personality, we've got it all covered! So sit back, relax, and enjoy!

**MARK MILAN MACANAS**  
EDITOR-IN-CHIEF

## SMART MOVE MAGAZINE TABLE OF CONTENTS

- |           |   |           |  |
|-----------|---|-----------|--|
| <b>4</b>  | <b>BEST POSTPAID PLANS</b><br>Choose which Postpaid Plan best fits your lifestyle.              | <b>12</b> | <b>INTERNATIONAL TRAVEL</b><br>Explore the world with these apps.    |
| <b>6</b>  | <b>WHAT'S HOT</b><br>Download these essential apps for your on-the-go lifestyle.                | <b>13</b> | <b>SMART PICK</b><br>Stay connected with your family with PLDT Home. |
| <b>8</b>  | <b>COVER STORY</b><br>Experience entertainment, convenience, and peace of mind with Smart Life! | <b>14</b> | <b>SMART PROMO</b><br>Pay early and get lucky this month.            |
| <b>10</b> | <b>ENTERTAINMENT</b><br>Haven't tried Clash of Clans? Now is the time.                          | <b>15</b> | <b>SHOP NOW!</b><br>Get P400 off when you shop at takatack.com.      |

**EDITORIAL TEAM** **EDITOR-IN-CHIEF** Mark Milan Macanas **MANAGING EDITOR** Pia Angelica Suiza **ART DIRECTOR** Reggie Goloy  
**PRODUCER** Pearl Bacasmas **KEY ACCOUNTS SPECIALIST** Joey Anciano **CONTRIBUTORS** Gelo Gonzales, Elijah Mendoza, Maricica Villarta,  
 Christian Halili, Archie Tolentino, Dave Grona, Sydney Yap, Paulette Tecson, Models from Mercator Models.  
**SMART TEAM MEDIA MANAGEMENT** Kristina P. Perez, Jackie P. Castillo, Frances Aldecoa  
**BRAND MANAGEMENT** Juno Gonong, Maureen Mina, Shan Rubio

Visit [smart.com.ph/postpaid](http://smart.com.ph/postpaid) or call the hotline **848-8877** for inquiries on Smart's products and services or visit any Smart Store near you.  
 For comments and suggestions on Move magazine, feel free to message us on **Facebook** ([Facebook.com/SmartCommunications](https://www.facebook.com/SmartCommunications)) or  
**Twitter** (@SMARTCares) with Move magazine as subject title.




**iflix**™


# The New Face of ENTERTAINMENT



All content shown here is available on iflix.

Gone are the days when you'd have to wait a whole year for a film to be shown on cable if you missed its run on cinemas or to look forward to scheduled episode re-runs of your favorite TV series if you were unable to catch the initial airing. Thanks to the internet and to innovative products like iflix, we now have freedom to enjoy the video content we want whenever we feel like it.

Launched in 2014, iflix is a video streaming service that aims to make popular movies and TV series available to consumers anytime, anywhere on their smartphones, tablets, and laptops. From 'The Matrix' to 'The Lord of the Rings', 'The Big Bang Theory' to 'Sex and The City', thousands of hours of movies and TV shows are just waiting for you on iflix.

To enjoy the service on-the-go, simply download the official iflix application on your iPhone or Android smartphone, sign up for an account, and make sure that you're connected to Smart's reliable mobile internet. Video streaming apps tend to consume a lot

of data so to consistently get the best image quality, you really need blazing-fast surfing speeds to power the app and that's something that only Smart can provide.

And here's something to make it all sweeter: iflix is currently offering a 14-day free trial for first time users. That should be more than enough time for you to decide if you want to subscribe to the service. So what are you waiting for? Visit [www.iflix.com](http://www.iflix.com) on your laptop or download the app on your smartphone or tablet now!

Already a Smart subscriber? Enjoy your favorite movies and TV series on iflix for 30 days when you avail of the new **Smart Life Bundle** for only Php 299 per month! This bundle also gives you 500 SMS to all networks, 50 minutes of calls to Smart and Talk N' Text numbers, and 1.5 GB of mobile data that you can use to access featured mobile apps including Facebook, Youtube, Instagram, Deezer, Spinnr, Viber, and Snapchat as well as popular games like Clash of Clans and Marvel Contest of Champions.





## BEST POSTPAID PLANS

# Your Complete Lifestyle Package

**Get a plan that lets you be free to be you**

You're at the mall and you want to Instagram the cutest dress—you reach for your phone and your connection's crawling. You're at a concert and the band pulls you up on stage—you take a selfie but your phone's camera is blurry. You're on a roadtrip to Pagudpud and you want to try the best local restos on the way—you power up your nav app but there's no signal.

If any of these ever happened to you, it's time you level up and live more on Smart. Whatever tickles your fancy, Smart lets you do what you want and more with the right mobile phone plan (and free smartphone to boot!).

### For The Go-Gettin' Yuppie

If deadlines, deliverables, and dates sound like your daily routine then you need a dependable companion to get you through it all. Check your emails, submit your files, and still make it on time for dinner—all for only P999 a month.

Get 5GB of data free and a dependable Microsoft Lumia 640 XL smartphone. That's like taking your office or home PC wherever you go. It's a fast-paced world out there and those who refuse to move with it get left behind.

#### WHAT CAN I DO WITH 5GB?

- Send up to 500 emails with attachments
- Visit up to 500 web pages and blogs
- Post up to 250 pictures
- Stream up to 450 minutes of video
- Stream up to 900 minutes of music
- Up to 300 minutes map navigation
- Video calls for up to 150 minutes
- Download up to 17 apps or games

#### Microsoft Lumia 640 XL: A PC in your Pocket FREE with Surf Plus Plan 999

- Available in Black, White, and Blue
- 5.7-inch HD Display
- 13MP Main Camera + 5MP Front Camera
- Windows 10 ready

**Get the most out of the exciting XL with 5GB of FREE data, 30 minutes of calls and 100 texts to all networks, and free access to an app of your choice such as Facebook and YouTube which you can change every month!**



Upgrade to a 30-month contract and get an HP Stream 7 Tablet FREE!



### For the Future-Forever

Always on the lookout for tomorrow's technology today? Or perhaps the next killer app that will change the course of tech history?

It's a fast-paced world out there and if you want to keep your rep as a tech trailblazer-cum-influencer, you better have the best phone by your side—fortunately, you need not look far. Always be the first to play the latest, hottest games lag free on LTE, take amazing videos and edit them as you go, or just shoot photos that are simply a cut above the rest.



All your Surf Plus Plans come with free access to an app. Choose between Facebook, Instagram, Youtube and many more.





## ward Filipino

## For Trendsetters and Style Stars



**Samsung Galaxy S6:**  
The Quintessential Superphone  
now **FREE** at Surf Plus Plan  
1999 (30 mos.)

- Available in Blue Topaz—exclusive to Smart for a limited time!
- Android Lollipop
- Exynos 720 Octa Core CPU
- 5.1-inch QHD Display
- 16MP Main Camera + 5MP Front Camera

Chat with your friends with 150 min. of calls and 200 texts to all networks! Also, get to enjoy blazing fast LTE speeds with 9GB of monthly data allowance plus a free access to an app of your choice via the Smart MyPostpaid.

You're cool and you never for settle for anything less than the latest and the best. Why should your phone and your plan be any different? Dazzle everyone who comes your way as you tote an iPhone 6 on the Smart Network.

Instagram your latest meal for your 5000 followers, record a YouTube snippet of your day for your chart-topping blog, leave a review on Zomato, or check up on the latest fashion bargains at Zalora with All-Month surf and make full use of LTE with 10GB of supersized data allowance.

### OWN AN IPHONE OWN THE BEST OF THE WEST WITHOUT BREAKING THE BANK

When it comes to offering a seamless user experience, Apple is tough to beat. Now it's easier than ever to bite into the world of Facetime, iCloud, iTunes, iEtc because you can get a free iPhone on Smart iPhone Plan 2000.

### iPhone 6: Apple's best in every bite now FREE at iPhone Plan 2000

- 4.7-inch Retina Display
- Slow-motion HD video capture
- Fast AutoFocus camera
- Fingerprint sensor

Maximize the features of your new iPhone 6 with a 10GB monthly data allowance from Smart! With 150 call minutes and 200 texts to all networks, staying connected is a breeze. Smart MyPostpaid gives you free access to an app of your choice, too.





## The Arsenal Upgrade:

## '5 Essential Apps for the Always-On,

You've got a shiny new smartphone capable of handling the latest apps. But without a solid network allowing you to use it to its full potential, that phone is nothing more than a glorified paperweight. Smart prevents that from happening. With comprehensive innovations designed to accentuate the modern on-the-go lifestyle for both babes and bros—fast mobile Internet, content streaming capabilities, and app billing services—Smart is the key that unlocks the possibilities for today's best apps like the ones below!

## FOR THE BABES



## YOUTUBE

Love cute cat videos? Of course you do! And how better to watch YouTube videos on mobile than with its official app that features a neat design, enhanced video discovery capabilities, and mobile-friendly browsing?

With Smart, now you can load makeup video tutorials without having to suffer through sluggish video buffering.



## SNAPCHAT

It's a chat app but unlike most of them, this one is unique for automatically erasing a photo, video or message you sent after your recipient has read it or after a set period of time. Now, you can always keep your followers, including your crush, updated on your life simply by availing the Smart Life Flexibundle by sending ENT299 to 9999. Page 8 has the deets!



## CANDY CRUSH

The sweet, colorful world of Candy Crush is yours for the taking! With Smart's direct-carrier billing, now you can purchase more lives whenever you've run out of them or the most sugary of in-app items. Out of lives? Smart's literally a life-saver here as you can purchase those extra lives and charge it directly to your Smart postpaid account. How sweet is that?



## PINTEREST

From the cutest dresses to the prettiest shoes to the all the nicest things a girl could ask for, Pinterest has 'em all. Browse, discover and pin them on your board for an instant dose of inspiration wherever you are! It's especially easy once you've registered to the Smart Life Bundle by sending ENT299 to 9999, which gives you 1.5GB of data for over 30 apps including Pinterest for just 300 pesos a month. Go to page 8 to find out more.



## TURN YOUR SMARTPHONE INTO A CREDIT CARD!

Smart now offers the CHARGE2PHONE service, the country's first sticker-based NFC contactless payment solution exclusive to Smart and Sun Cellular postpaid subscribers. Just stick the NFC sticker on your phone, tap your phone to pay for transactions at partner stores, and shop away, girl! It's the chicest way to shop for dresses, shoes, makeup and whatnot today. Visit <https://charge2phone.com/> for more details.



# The Babes and the Bros On-The-Go Lifestyle

## FOR THE BROS



### IFLIX

iFlix is like Deezer but instead of songs, you get to stream TV shows from the funniest rib-ticklers to suspense and drama hits to that Hollywood movie blockbuster you missed a few months ago. Great for your stay-at-home dates with the girlfriend!

With Smart trying to stream TV shows on anything less capable than Smart's LTE connection will make you wish for traditional TV. There's nothing more annoying than finally getting your girl friend to watch your favourite action movie...only to have the show cut prematurely because of a spotty data connection.



### VIBER

Still chatting on mere SMS? Beef up the ways you connect to the gang with this reliable chat app! Because how can you keep up with the barkada's trending topics if you're the only the one who's not on Viber? Get the Smart Life Bundle which gives you 1.5GB of data for over 30 apps including Viber for just 300 pesos a month! Simply send ENT 299 to 9999, and chat away. Page 8 has the lowdown.



### CLASH OF CLANS

Today's most addictive game yet on mobile, which tasks you with building a village of warriors to protect and fight against other clans! You can even upgrade your walls fast from "Wooden" to "Zaps" by getting ahead of the game with in-app purchases. Thanks to Smart's direct-carrier billing, you can buy all the COC goodies you want to use in your next CW (clan war) using your Smart Postpaid account. No credit card needed! From gems, builders to that sought-after dark elixir, you can buy your way to victory by charging it to your Smart Postpaid bill. Page 10 tells you more about this particular strategy.



### VIEWSTREAM

Here's a great way to keep a finger on local happenings from the comfort of your own smartphone. This app lets you stream Fox News and Fox Sports (it features NBA games, bro!) to name a few, right on your mobile devices. Entertainment, everywhere is the name of the game, buddy. With ViewStream, it's like you're watching on TV, only this time you can take that TV anywhere thanks to Smart's nationwide coverage. Visit <http://smart.com.ph/pages/viewstream> to know more.



### MARVEL AVENGERS ALLIANCE

The best mobile game out there if you've ever wanted to feel like the Captain America, Iron Man or Thor. It's your chance to slip into the tights of this generation's favorite band of superheroes and superheroines! And with Smart, it's easier than ever to beef up your character so you can give those supervillains a super beating. Get those S.H.I.E.L.D. points to level up your hero and get in-game gold to buy Premium Gear and charge them directly to your Smart postpaid account. The world needs you, superhero. So head on over to Page 10 and get a briefing on how direct-carrier billing can make you a more powerful Avenger.



# Live the Smart

Get entertainment

## LIFE PEG: SOCIAL MEDIA FAMOUS

Hearts are a flutter when you post a picture—as you document your life online, your massive following swoons over your beautifully edited photos and well-curated, swoon-worthy feed.



### READY FOR YOUR APP-GRADE?

**INSTAGRAM** It's your fab life, in squares—Instagram allows you to edit your personal snaps and post them in a virtual diary. How the pros do IG? Play with its advanced editing features—saturation, shadow, highlights and color are just a few you can play with—to make sure your picture looks its best.



**VIBER** Embrace your extrovert personality and connect more with your big social circle using Viber! It lets you send free messages and make free calls to other Viber users, on any device and network, in any country! So whether you're planning the itinerary for your next beach trip with your best girls or sending your well-edited selfies for initial comments, Viber gets the job done for free!

## LIFE PEG: FIT FOR A QUE

While the rest of your friends are meeting til the morn, you spend your days waking meal plans and pump iron at the gym. W in an endorphin-fueled good mood, and, a



### READY FOR YOUR APP-GRADE?

**SPINRR** Studies show that listening to music during a workout, as it distracts you from energy flowing. Download Spinrr for a easy listen to on your phone, perfect on the treadmill.



**YOUTUBE** Stay updated with the world by downloading this video app. You're performing the best performance on mobile!

## LIFE PEG: STYLE SAVANT

Screw the haters, you're really #fasyon. You wear such chic, statement-making ensembles that people look to you for style advice, or just look to your direction...in general.



### READY FOR YOUR APP-GRADE?

**SNAPCHAT** - Chronicle your daily #OOTDs with the newest (and funnest!) in real-time social media. Not only do you get to share pictures and videos with your friends, you can also make your pictures more quirky through its doodle feature. What's best, all your Snaps get deleted after 24 hours—meaning you can be goofy without that after-posting regret.



**ZALORA** Access the local store of this online retail phenom by downloading the Zalora.ph app. It's a mall in your phone, essentially, housing both large and small fashion boutiques (Mango and Plains and Prints are available, as well as a slew of start-up fashion retailers), a wide array of beauty brands and well stocked catalogues of bags, shoes and accessories. Zalora's in-house collection features pretty good pieces too, in swoon-worthy prices to boot.



# t Life!

t wherever you go!

EN

up for dinners, rearing babies and partying  
up at 5am to prepare your calorie-counted  
who says you're missing out? You constantly  
abs. You have abs.

DE?

tening to music ensures a more active  
om the discomfort of exercise and keeps  
massive selection of songs you can  
for playing as you run that dreaded hour

he new workout trends all over the  
deo-sharing app. Next thing you know,  
ank or freestyle Zumba moves on your

## LIFE PEG: DOMESTIC GODDESS

Your boyfriend feels like he's hit the jackpot—after all, you're his very own Nigella Lawson. Young, hot, can bake from scratch—he can't hear his friend's envious sighs over the sound of the wedding bells in his head.



### READY FOR YOUR APP-GRADE?

**YOUTUBE** Make home-cooked meals your new specialty through the help of trusty Youtube. A huge array of recipe and cooking channels are available—pick which ones you can easily follow as you learn how to cook more dishes. Think of it as professional chef lessons, which you can easily access through the tap of a button.



**IFLIX** Stream the food adventures of Michael Bourdain and learn from the expert! With iflix, you can access a huge selection of your favorite TV shows and movies from all over the globe whenever and wherever you want.



Lord Of The Rings is  
available on iflix

iflix



ENTERTAINMENT  
EVERYWHERE

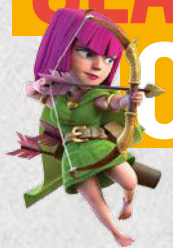
## Smart Makes Your Life Better

Achieving your new life pegs require deep inspiration wells and more meaningful innovations like Smart Life Bundle (Available this July). It gives you entertainment, convenience and peace of mind everywhere, as well as the best collection of apps to improve your life.

For only P299, enjoy 30 days of 1.5GB access on all these apps, 50 minutes of calls to Smart and TNT, 500 SMS to all networks and a 30-day subscription to FOX and iFlix, the most extensive movie library in Asia.

You can register by sending ENT 299 to 9999.





# 5 WAYS CLASH OF CLANS CHANGED OUR LIVES

**Clash Of Clans is one game that one does not simply put down. It's so incredibly compelling that it has changed some portions of our lives one way or another!**

You see it everywhere nowadays: people fiddling with their phones as though they're crafting the most important text message of their lives. Out of curiosity, you lean over a bit to see just what's up...only to find a bunch of miniature characters running about in a colorful world. Yes, he's playing Clash Of Clans a.k.a. the most addictive mobile game ever created by mankind.

At that point, you bust out your smartphone. You remember that you're a Clash Of Clan chieftain yourself and it is time. to. attack. Now, here are some more!

**1 Your life in Clash Of Clans becomes just as important as your life on social media.**

Once you're hooked, COC becomes another app to check when you wake up in the morning along with Facebook and Instagram. What if the other chieftains

didn't sleep and attacked your base instead while you snoozed?!

**2 Important real-life chores take a backseat to important virtual chores in COC.**

Eating, taking a bath, doing the grocery, picking up your laundry are, of course, an important part of your daily life. But are they more important than preparing for tomorrow's battles and making sure that you're well-equipped to withstand the raids? To a hardcore COC player, the answer is simple: NOPE.

**3 Being a good person now entails reminding friends and families to attack.**

And they will love you for it, and remind you to attack as well. What goes around, comes around in COC as much as it does in real life!







**4** *Your relationship with the boyfriend is so much better now.*

Realizing that there was no way to beat COC for your BF's attention, you have now decided to join him in his battles. The result: Recalling epic COC battles has now become part of your regular conversations with him.

**5** *You've started calling real-life office mates with their cool clan names.*

Because Defender\_OF\_S0uLZ sounds so much cooler than simple Jun-jun From Accounting.



## DID YOU KNOW THAT YOU CAN BUY IN-APP ITEMS FOR CLASH OF CLANS USING YOUR SMART ACCOUNT? HERE'S HOW:



- 1) Register your Smart account by going to the Google Play Store. Choose "Enable Smart Communications billing" under Payment methods.
- 2) Once registered, boot up Clash of Clans!
- 3) Go to the store for in-game items or in-app purchases such as Clash of Clans gems, which you can then use to buy other useful COC items!
- 4) Click "Buy".
- 5) Enter your Google password and click "Confirm."
- 6) If successful, payment will be verified and you will receive an SMS of the successful transaction.



## PLAY NOW ON A BRAND NEW MICROSOFT LUMIA 532 WITH THIS GIVEAWAY PROMO!

- 1) If you're a Filipino Smart Postpaid subscriber, and you're 18 years old, you may join the promo.
- 2) Go to [www.smart.com.ph/postpaid/promos/move](http://www.smart.com.ph/postpaid/promos/move).
- 3) Register with your complete name, e-mail address, and Smart Postpaid mobile number.
- 4) Registration period is from July 1, 2015 to August 31, 2015
- 5) Each valid promo registration is equivalent to one raffle entry.
- 6) The draw will be held on Tuesday, September 2, 2015.

# REGISTER NOW!





# Travel SMART

These reliable apps keep your traveling woes at bay.

CHANGE CURRENCIES IN A CINCH!



**XE CURRENCY**



If you're fond of converting currencies in your head, there's no need to do the mind math—this well-downloaded app converts foreign currency for you, with an interface that won't intimidate you with numbers. This app is known to convert a wide range of currencies, with accurate exchange rates updated regularly. That way you won't be wasting a penny.

EAT YOUR HEART OUT



**FOODSPOTTING**



The ultimate foodie app for travelers, Foodspotting doesn't only tell you which restaurant you should go to, it zeroes in on specific dishes that satisfy your particular craving. Best recommendations for your gastronomic desires are crowdsourced from your particular location, so you can easily slide in a family diner or a swanky speakeasy that fulfills your craving.

TALK LIKE A LOCAL (ALMOST)



**GOOGLE TRANSLATE**

Stumped on how to haggle at a Moroccan souk? How about flirt with a handsome stranger in the streets of Rio de Janeiro? Even if that's just asking the Chinese taxi "Uncle" in Singapore where you're going, you're better off downloading this classic translator app to get your point across in the local language where you're traveling. You won't speak instant impeccable Portuguese, but you might just score a date.

FOR GETTING THE MOST  
OUT OF YOUR DESTINATION



**WIKITUDE**



It's your tour guide in a genius app. While in a foreign place, hover your camera at the spot you're at, and all the info will pop up—sights to see, accommodations to consider, events to experience, even bars to hit up. What's more, the app gives you aggregated online reviews on each recommendation, as well as useful information from Wikipedia. Who says you need to ask around to get around?



## QUICK CONNECTIONS

Now that your traveling problems are solved, connecting to data in your place of travel becomes the next relevant problem. Thankfully Smart

Postpaid tweaks its data registration process to be even more easier: as you arrive at your destination, you'll receive a welcome SMS from Smart for data roaming. All you have to do is turn on your data roaming feature, and get quickly connected to the internet!

Now you can enjoy data roaming in Cambodia, New Zealand, Russia and Switzerland, plus 53 other countries. Visit [smart.com.ph/postpaidalldaysurfabroad](http://smart.com.ph/postpaidalldaysurfabroad) for more information.



# HOME SAFE HOME

**When it comes to keeping the family safe, moms need to be more vigilant against keeping danger at bay—especially when the kids are left at home.**



## 1 YAYA WATCH!

It's never an easy job to leave the kids with someone other than relatives, but that's why moms entrust household help so they could go on with work while their kids are taken care of. Sometimes, however, moms still need to make sure we're on top of our caregiver's activities 24/7, so they can track their activities, behavior, and the ways they handle your kids.

## 2 ARE THE KIDS ALONE? KEEP IT HUSH

If you're leaving your home alone, or if your kids will be left home without their parents, moms need to make sure never to mention it out loud, or in social media. Bad forces are everywhere—some of them even unbelievably tech savvy—and divulging their home's current state by talking out loud in public places or broadcasting it online make it all too easy for anyone to target the home.

## 3 WORKING LATE LAST MINUTE

There are unexpected moments when moms and dads have to stay late at work, so they couldn't attend to their children when they're supposed to. This may be a cause of worry for parents, who need to communicate with their children to guide them, as they navigate their way through being home without their guardians.

## 4 GET THE TECH-SAVVY ADVANTAGE

Thanks to technology, there are sure ways to make sure your home is always safe. The PLDT Home Fam Cam is a monitoring camera that allows subscribers to monitor what's happening at home, right from the PLDT Home Telpad, or from any other device using the mydlink Lite app.

Position the fame cam where your kids stay, or at the most important parts of the house, and check on what's happening whenever, wherever you are. What's more, you can talk to your family members through the Fam Cam, so real time connections aren't lost.

PLDT Home DSL Subscribers under Plan 1299 and up, PLDT Home Telpad plan 1869 and up, and PLDT HOME Fibr subscribers can avail of this nifty gadget, with just P99 on top of your plan.

Log on to [pldthome.com](http://pldthome.com) for more details.





# PAY EARLY, GET LUCKY

## The early bird flies to Boracay



Whether we like it or not, 'Pinoy Time' has long been ingrained in our society. It's evident at home, during our commute, at school, or even at the office (don't act like your lunch break always ends at 1pm).

When it comes to paying postpaid phone bills, however, this trademark Pinoy trait may not be your best option because you may miss out on some awesome prizes from Smart's Pay Early, Get Lucky promo!

Joining is easy-peasey, just pay your bill in full and on time at any SMART Store or any Accredited Payment Channels. Promo runs until September 30, 2015, so hurry and be one of our lucky winners to enjoy any of the 7 getaway destinations across the Philippines!

## HOW TO JOIN

You can earn more raffle entries by paying in over 27,000 authorized payment channels nationwide.

**Get 1 raffle entry**  
when you pay in full  
via SMART stores

OR

**Get 10 raffle entries**  
when you pay in full via Accredited  
Payment Channels like:



To find the nearest pay center for free text  
**PAYCENTER** <space> **NAME OF CITY**  
or **ZIP CODE** to **888**.

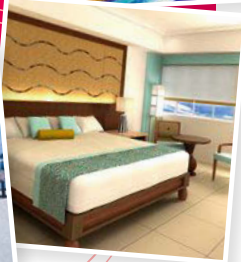
Ex. **PAYCENTER MAKATI** to **888**  
Visit [www.smart.com.ph/getlucky](http://www.smart.com.ph/getlucky)  
for more details.

## DREAM DESTINATIONS

Close your eyes, listen to the ocean, and relax... but pay your bills early first!

All Prizes include Round-trip tickets, 3 Days / Deluxe Room Accommodation and Daily Breakfast for 2.

- Bluewater Panglao
- Bluewater Maribago
- Bluewater Sumillon
- Astoria Bohol
- Astoria Palawan
- Astoria Boracay
- Henann Resort Alona Beach, Bohol





# Fun and Fab Shopping from

**SMART POSTPAID PICKS** with *Takatack*



Get P400 off when you shop at [www.smart.takatack.com](http://www.smart.takatack.com) with FREE shipping!

From July 1 to September 30, 2015 you can enjoy a website-wide sale and get P400 off for a minimum purchase of P1000 by following these simple steps:

## STEP 1



Log in on [www.smart.takatack.com](http://www.smart.takatack.com)  
Select items to purchase  
and click **Add to Cart**.

## STEP 2



Enter the coupon code,  
**SMARTACK400**  
on the checkout page.

## STEP 3



Click **Place Order**  
to secure checkout.

**AWESOME  
DEALS**  
from  
*Takatack*



Fusion Juicer  
**P7,995.00**



Bradley Black Watch  
**12,048.75**



Airborne Tech Stone  
11200 mAh Powerbank  
Dark Gray  
**P2,650.00**



Go Pro Hero 4  
Silver Edition  
**P19,610.00**

Visit [www.smart.com.ph/PostpaidPicks](http://www.smart.com.ph/PostpaidPicks) to know more.



Live the **SMART** Life

The leader in mobile makes life better  
with meaningful innovations



iC2P

Partnered with  
**citibank**

CONVENIENCE  
EVERYWHERE



FAM  
CAM

Partnered with  
**PLDT**

PEACE OF MIND  
EVERYWHERE



Lord Of The Rings is  
available on iflix



iflix

FOX  
SPORTS

ENTERTAINMENT  
EVERYWHERE

[smart.com.ph](http://smart.com.ph)

ASC Ref No. S077P017155